HEADING BACK HOME AT AGE 27
AUTHOR RETURNS TO THE NEST {page 30}

A WRAP HIGHLIGHTING ANOTHER YEAR OF TIFF {page 28}

TORONTO metro®

Monday, September 20, 2010
www.metronews.ca

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Working so they can work

Students caught in bind of needing jobs to pay for tuition: Prof ◗ Ontario tuition costs $6,300 on average, highest in Canada ◗ 1,400 profs in poll

University students struggle to keep up in school because of part-time jobs, according to almost two-thirds of Ontario professors who took part in an online poll.

"Students are coming to class unprepared, they have work obligations, so they're not able to do the readings or get assignments in properly," said Mark Langer, a professor at Carleton University who is also president of the Ontario Confederation of University Faculty Associations, which conducted the informal survey.

"I've had students come and cry in my office about the fact that they are exhausted in class, trying to keep up with work but they need a job to stay in school."

Sixty-four per cent of those who responded to the survey agreed that paid work is hindering students' academic success. More than one-third of professors and university librarians also believe that students are working more part-time hours than they were a year ago. TORSTAR NEWS SERVICE

Working hard

A national survey of students found that just under half work during the school year, for 17 hours a week, on average.

CFL. Big hit

▶ Toronto's Chad Owens gets hit by Winnipeg's Alex Suber during first-half CFL action yesterday.

FRANK GUNN/THE CANADIAN PRESS

Boatmen set sail for crucial victory

Chad Owens ignited the Argonauts with an 80-yard punt return in the third quarter as Toronto charged to a 17-13 victory over the Winnipeg Blue Bombers at the Rogers Centre yesterday afternoon. More coverage, page 37.

Testing out the transit plans

Do the mayoral candidates' promises add up? {page 3}

Stick a plug in it, it's done

Five months, $8 billion, one 'dead' BP oil well {page 14}

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Reality check for transit dreams

Transit plans touted by mayoral candidates put to a 'smell test'

As the municipal election draws closer, the Toronto Star is testing claims by mayoral candidates to see if they are realistic or simply off the tracks.

▶ **ROB FORD claims:** The city can build 12 kilometres of subway as part of a $4-billion plan to be completed by 2015.

Smell Test: Of the $3.7 billion for Transit City, $790 million is pledged to York Region's transit. Scrapping Transit City would mean paying penalties for cancelling its $1.2-billion streetcar contract.

Ford's Sheppard tunnel and SRT extension means 18.4 km of tunnels and new track to build by 2015. To put it in perspective, the Spadina extension, to open in 2015, is only 8.6 km and construction has begun.

▶ **JOE PANTALONE claims:** Pledges to keep Transit City alive.

Smell Test: The province has told Toronto to accept funding postponement.

Also, a kilometre of new subway costs about $300 million, whereas a km of light rail costs between $60 million to $100 million, not quite "five times less than subways," as Pantalone's campaign claims.

▶ **GEORGE SMITHERMAN claims:** A subway and light rail network can be rolled out in two phases over 10 years, for $17 billion.

Smell Test: The bulk of Smitherman's first phase is already in the works. The Spadina subway is slated to reach York University by 2015, construction is underway on Sheppard and tunnel-boring machines for the Eglinton LRT will arrive next year. His plan to replace the Scarborough RT with a subway is unrealistic. The design of the current Scarborough RT prevent it from being recycled for a subway.

▶ **ROCCO ROSSI claims:** City can build 2 km of subway and a new station yearly for the next decade, at about $4.5 billion — funding from asset sales.

Smell Test: An expert puts Toronto Hydro's total worth at $1.5 billion — only half of what's needed.

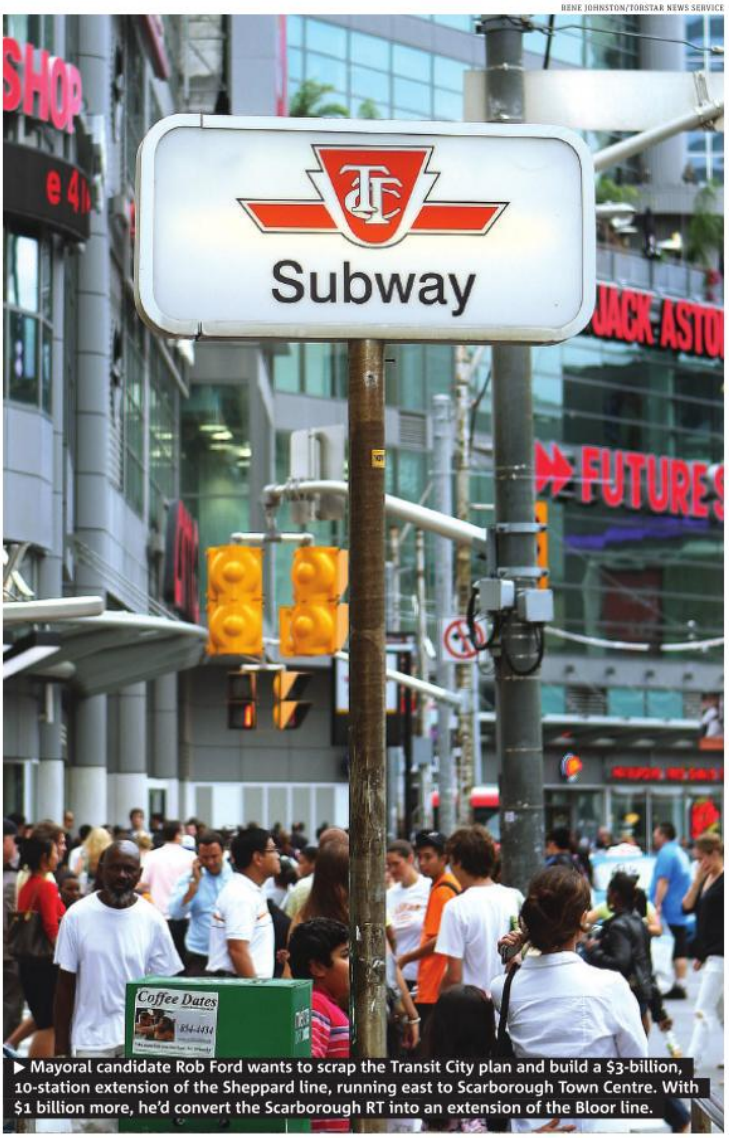
Rossi's $225 million/km projection may be low: The TTC estimates the Spadina subway expansion will cost $300 million/km. Rossi's schedule of 2 km per year is realistic.

▶ **SARAH THOMSON claims:** City can build a 58-km subway network over 10 years for $14 billion.

Smell Test: TTC officials say a kilometre of subway costs $300 million to design and build — $100 million more than Thomson budgeted. It would take four boring machines 18 months to build Eglinton. A bigger subway would need more trains ($13 million apiece), more operators and more cash for maintenance.

TORSTAR NEWS SERVICE

RENE JOHNSTON/TORSTAR NEWS SERVICE



▶ Mayoral candidate Rob Ford wants to scrap the Transit City plan and build a $3-billion, 10-station extension of the Sheppard line, running east to Scarborough Town Centre. With $1 billion more, he'd convert the Scarborough RT into an extension of the Bloor line.

1 news

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Was Ottawa's appeal of a release order for four Tamil women just for show? Guidy Mamann explains at metronews.ca/immigration

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ALBION ROAD ATTACK

Charges laid in shooting

A man has been arrested in connection with a shooting on Friday night that left a man in hospital with a gunshot wound to the neck.

The victim is in serious condition. Police said the bullet hit the victim's spine and he may be paralyzed.

The suspect allegedly approached the victim and another man in the parking lot of 1850 Albion Rd. Police said the suspect allegedly fired a handgun at both men, but the second man escaped unharmed. The suspect then fled the scene.

Pritpal Singh, 45, of Woodbridge was arrested and charged Saturday with attempted murder and possession of an unregistered restricted weapon, as well as other weapons-related charges.

TORSTAR NEWS SERVICE

Early reopening for Gardiner

The Gardiner Expressway reopened in both directions yesterday morning, despite a closure scheduled until early today, though residents can expect delays elsewhere with closed roads and work on the Yonge-University-Spadina subway line.

The expressway was closed at 2 a.m. Saturday between Carlaw Avenue and the Humber River westbound, and eastbound between the Humber River and Spadina Avenue.

The closure was supposed to be in effect until 5:00 a.m. this morning, but reopened yesterday morning, 24 hours earlier than expected.

2 The expressway will be reduced to two lanes in both directions near Jameson Avenue until Dec. 17.

The work was part of the ongoing bridge reconstruction project at Lake Shore Boulevard West and Jameson Avenue.

TORSTAR NEWS SERVICE

Man facing charges in stabbing of TTC driver

A man has been charged with attempted murder in connection to the stabbing of a Toronto bus driver.

Police say on Friday around 7:30 p.m. a passenger tried to use an old transfer to board a bus, but was refused entry and began arguing with the driver.

Police allege the man pulled a large knife out of his knapsack and started to attack the driver, who was taken to hospital with non-life threatening injuries.

Wei Yang, 40, of Toronto is facing numerous charges including attempted murder.

THE CANADIAN PRESS

AIDS. Walk

▶ Hundreds of people — and a few dogs, like this one — put their best foot forward to take part in the Scotiabank AIDS Walk for Life yesterday. The annual event raises funds for the AIDS Committee of Toronto.

JOHN R. KENNEDY/FOR METRO TORONTO

Hitting the streets

The Scotiabank AIDS Walk for Life is a national awareness and fundraising event that takes place every year in communities all across Canada. Funds raised support programs and services for Canadians living with HIV/AIDS in their communities.

Suspect in G20 protests back in jail

◐ 30-year-old faces three charges of conspiracy ◐ He has said the charges are politically motivated

TORSTAR NEWS SERVICE

▶ Alex Hundert

One of the alleged ringleaders of the violent protests during June's G20 summit in Toronto will be back in court tomorrow after he was sent back to jail, accused of breaching bail conditions.

A lawyer for Alex Hundert said yesterday his client got in trouble on Friday by taking part in a panel discussion at Ryerson University dealing with issues connected to the G20.

John Norris said Hundert is accused of breaching a bail condition that he not participate in any public demonstration.

But Norris challenged the latest charge.

"The laying of the charge reflects a misunderstanding of what was intended by the justice of the peace in ordering that as a term of his bail," said Norris.

Hundert is being held at a detention centre, and appeared briefly in court Saturday morning, as his supporters demonstrated outside the courthouse in Toronto.

Norris said during the next court appearance the Crown will likely set a date for a hearing to have Hundert's bail on the previous charges revoked.

THE CANADIAN PRESS

Girl, 16, alone in city after mom deported

As always, Leonor Mongoy Soto got home from school, did her homework and waited for her mom to get home from work.

"I waited for her, but she never came back," recalled the 16-year-old girl. Ever since their refugee claim was rejected in 2008, she and her mother, Yolanda Soto Jurando, had been on the move every six months to avoid immigration enforcement.

That evening her mother called from the Rexdale detention centre, telling her daughter to leave the apartment immediately and move in with a family friend.

Soto, a hotel cleaner from Mexico, had been picked up at dawn at a friend's house as she waited for a ride to a job site in Brampton. Ten days later, she was gone, deported back to Mexico and leaving Mongoy on her own.

Since her mother's April 21 arrest, the teenager has been couch surfing while her mother tries to flee back to Canada. She originally fled from an alleged sexual predator. Mongoy returned to school this fall but said she cannot do anything outside of school or her friends' homes, fearing she, too, will get caught.

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School keeps an open mind for the autistic

'I want to send out the message that every child can learn to read and that literacy is a lifelong skill that everybody should have': Sue Co

Educators said her son would stay stuck in kindergarten, but Sue Co knew the boy could learn.

At first, her attempts to teach him were hit and miss, she says. She tried forcing him to read — to look at the page and spell out the letters c-a-r — but he kept turning his head away.

Eventually, she understood. His strength was auditory, not visual. When she spelled the letters aloud and sounded the words, he listened and made progress.

JOHN GODDARD/TORSTAR NEWS SERVICE

▶ Sue Co

"Most children, not just autistic ones, have their own learning style," Co says. "To be an effective teacher, you have to know the style and use that knowledge to make up for their weaknesses."

Co is a former information technology consultant who out of compassion and desperation opened a literacy school for autistic children and young adults.

To her engineering degree she added a bachelor of education and persuaded her sister to move from London, England, to run the business end.

Together, they landed space in a new Richmond Hill mall for more than 20 pupils. They painted it in muted colours to soothe hyper-visual children and installed LED lighting to calm hyper-auditory ones bothered by the buzz of fluorescent tubes.

Finally, early last year, they inaugurated OpenMind Alliance Inc., with a focus on literacy as a powerful, lifelong communications tool for people with autism.

"Once they learn to read, they can read to learn," Co says of her students.

TORSTAR NEWS SERVICE

Driver charged in hit and run appearing in court

A man charged in a hit and run in Mississauga last week will appear in court today.

Police say at 11 p.m. on Thursday, Lindsay Tamminga, 23, was crossing Creditview Road when she was hit by a dark coloured vehicle, which then fled the scene.

Tamminga remains in hospital suffering from critical head injuries.

Jose Cobaria, 58, of Mississauga, has been charged with one count of failure to remain causing bodily harm.

THE CANADIAN PRESS

The Beach. Bake sale

▶ Bella Black

ANDREW WALLACE/TORSTAR NEWS SERVICE

Sweets from a sweetheart

Five-year-old Bella Black hosted a bake sale yesterday in The Beach area to raise money to help build the first school in Osenetoi, Kenya. The bake sale raised $3,000.

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Züm, Züm, Züm, suburban bus travel in style

- Brampton launches new bus rapid transit today
- Dedicated busways could be built if warranted

It's enough to make most city bus commuters weep — plush, high-back seats, skylights, heated shelters and laptop plug-ins.

Those are some of the little luxuries Brampton Transit is offering on its new Züm rapid transit buses, starting today.

Züm is the rebranded version of the city's Acceleride service. Its image has been made over into one of comfort, convenience and fun.

The $285 million express service is supposed to help double the number of transit trips in Brampton, from 6-8 per cent to about 15 per cent over the next three years.

RICK MADONIK/TORSTAR NEWS SERVICE

▶ Brampton Transit's new bus service starts today.

And Brampton isn't the only Toronto-area community relying on marketing magic to spice up the dowdy image of suburban transit.

Mississauga starts rolling out its MiWay bus brand Oct. 4, a concept that will kick into high gear when the city opens its $498 million busway along Highway 403 in 2013.

Both cities are targeting an elusive market — commuters who may have two or three cars in the driveway and an outdated image of what suburban bus travel has to offer, said Prasad Rao, whose company, Rao Barrett and Welsh, helped create the Züm brand.

The Queen route will run about 29 kilometres from the Bramalea transit terminal to York University. Züm buses run every 7.5 minutes during rush hour and every 15 minutes in the off-peak.

TORSTAR NEWS SERVICE

The Beach. Fox run

▶ People participate in the 30th annual Terry Fox Run in The Beach yesterday.

COLIN MCCONNELL/TORSTAR NEWS SERVICE

Thirty years of the Terry Fox Run

The Terry Fox Foundation says the annual event, which has become one of the largest cancer research fundraisers in the world, has raised almost $500 million over the years.

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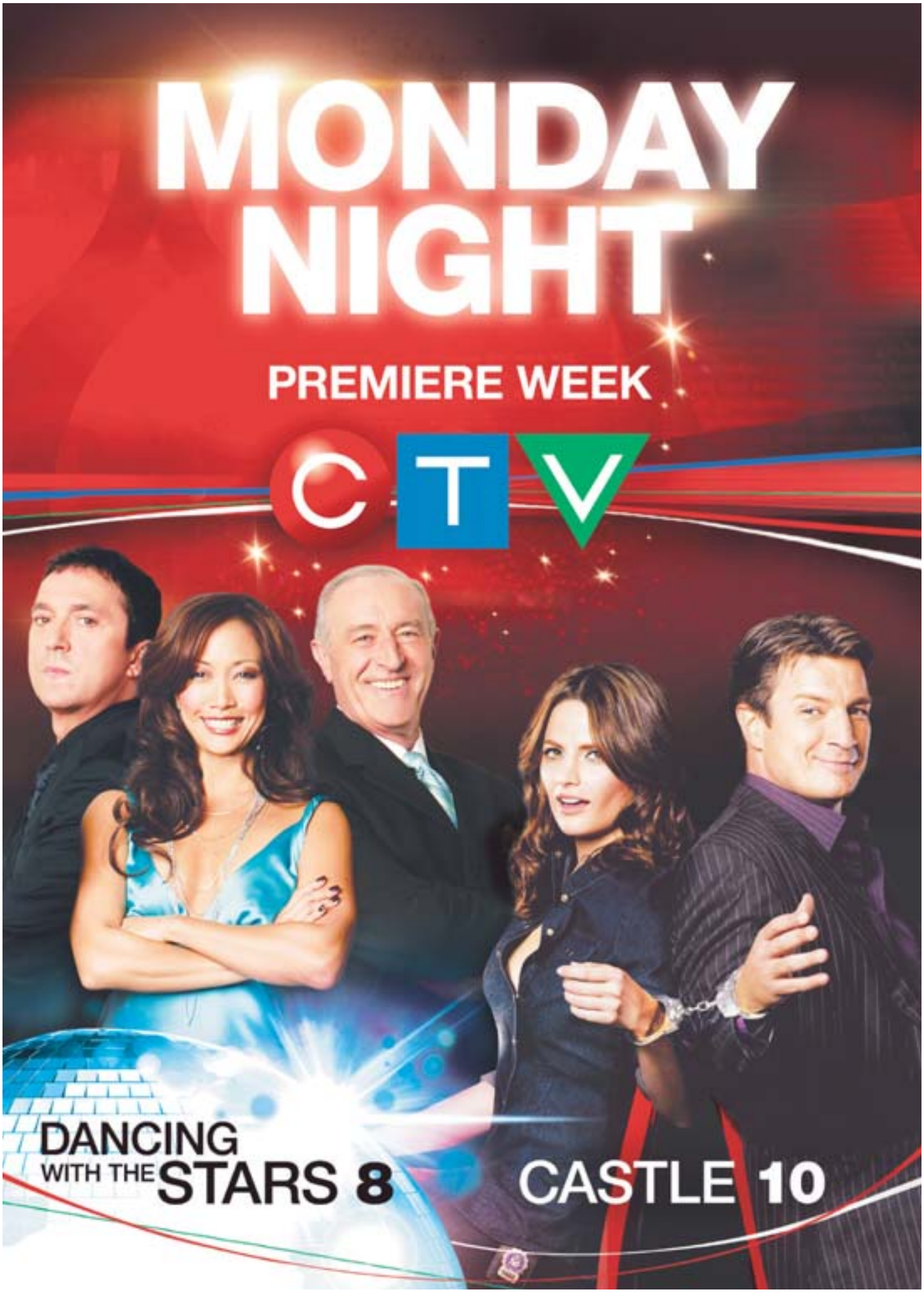
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Commons floor awaits Tories' bill

Divisive gun vote to kick off new session of Parliament ◐ Tories insist they'll be more collaborative this fall

The House of Commons has long been seized by mock outrage and dreary debate. Its return this week promises a rare moment of high drama.

Prime Minister Stephen Harper's Conservatives will likely learn Wednesday whether their 15-year-long quest to scrap the long-gun registry comes to fruition during a vote that has split the country along a rural-urban divide.

Liberal Leader Michael Ignatieff will compel his caucus to vote to save the registry. His NDP counterpart, Jack Layton, says he has persuaded enough of his MPs to thwart the bill.

THE CANADIAN PRESS

Tough on crime

The Tories are expected to push forward on their anti-crime platform.

- **Nine new bills** At least nine law-and-order government bills will move ahead in the parliamentary pecking order this fall, while they intend to add another into the mix right away — a bill to combat human smuggling.
- **Longer sentences?** The government also intends to introduce legislation to cut the number of mega-trials and reintroduce legislation to end sentence discounts for multiple murderers.

Sweden. Election

▶ Sweden's Prime Minister Fredrik Reinfeldt peers over the edge of a screen yesterday as he casts his vote at a polling station in Stockholm during general elections.

PONTUS LUNDAHL/THE ASSOCIATED PRESS

Sweden's rightward shift

Preliminary results show a far-right party has entered the Swedish Parliament for the first time, spoiling the centre-right government's majority and plunging the country into political disarray.

Scientists gagged by government?

Canada's scientific community is buzzing over newly tightened rules that further restrict government researchers from speaking with the media about their work.

Yet the No. 1 policy statement for government communications, according to Treasury Board, is to "Provide the public with timely, accurate, clear, objective and complete information about its policies, programs, services and initiatives." THE CANADIAN PRESS

Media's hurdles

Government policy suggests a disconnect with government practice.

- Recent access-to-information documents obtained by PostMedia News reveal that all media inquiries to scientists working for Natural Resources Canada must now pass through "subject matter experts" and the minister's director of communications.

Aboriginals take oil gripe to D.C.

Some First Nations leaders are heading to Washington today to persuade officials to reject a pipeline project they say would pump more "dirty oil" from Alberta into the United States.

Francois Paulette, of the Smith's Landing Treaty 8 First Nation, says he wants to talk to U.S. politicians about pollutants from the oilsands.

30 **Francois Paulette says more than 30 downstream First Nations communities are already affected by the oilsands and that increasing production would make matters worse.**

THE CANADIAN PRESS

JOIN US IN THE FIGHT AGAINST PROSTATE CANCER
The week of September 19th is Prostate Cancer Awareness week. 1 in 6 Canadian men will be diagnosed with the disease in their lifetime. If you're over 40, talk to your doctor about the merits of PSA blood testing. Visit prostatecancer.ca for more information.
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News in brief

Gunmen wound two tourists

NEW DELHI. Two gunmen on a motorcycle opened fire yesterday at a group of tourists near one of India's biggest mosques, injuring two Taiwanese and raising concerns about security less than two weeks before a major sporting event. The BBC's Hindi language service said it received an email purportedly from the Indian Mujahideen, an Islamic militant group, threatening to attack the Commonwealth Games. **THE ASSOCIATED PRESS**

Concerns over Afghan election

VOTE. An Afghan election observer group said yesterday it had concerns about the legitimacy of this weekend's parliamentary vote because of reported fraud, even as President Hamid Karzai hailed the balloting as a success. **THE ASSOCIATED PRESS**

Hamilton man killed by train

CRASH. A pedestrian is dead after he was struck by a train yesterday morning in Hamilton. Police say the crash took place near Quigley Road and Albright Road just after 7:30 a.m. **THE CANADIAN PRESS**

Religious group found

Members left letters saying 'they are all going to heaven to meet Jesus and their deceased relatives': Officer Also left ID, deeds to property

The members of a breakaway religious sect were found praying at a Los Angeles County park yesterday, halting a frantic search for the five adults and eight children who went missing after writing letters to family members saying goodbye.

Deputies found the group at 11:55 a.m. yesterday at Jackie Robinson Park in Palmdale after getting a tip they might be there, said Los Angeles County sheriff's spokesman Steve Whitmore. He said all the members are apparently safe.

▶ A Los Angeles County sheriff sits outside a home where members of a "cult-like" group had been last seen Saturday.

Officers had been searching a wide swath of Southern California since Saturday after family members found letters saying the group was awaiting an apocalyptic event and would soon see Jesus and their dead relatives in heaven.

The group of Salvadoran immigrants described as "cult-like" by sheriff's officials, was led by Reyna Marisol Chicas, a 32-year-old woman from Palmdale in northeast Los Angeles county, sheriff's Captain Mike Parker said. **THE CANADIAN PRESS**

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▶ A cleanup worker picks up an absorbent snare filled with oil in Plaquemines Parish, La. in this June file photo.

Blown-out BP oil well finally declared dead

BP has shelled out more than $8B US in cleanup costs

A cement plug has permanently killed BP's runaway well nearly four kilometres below the sea floor in the Gulf of Mexico, five agonizing months after an explosion sank a drilling rig and led to the worst offshore oil spill in U.S. history.

Retired Coast Guard Adm. Thad Allen, the federal government's point man on the disaster, said yesterday that BP's well "is effectively dead" and posed no further threat to the Gulf. Allen said a pressure test to ensure the cement plug would hold was also completed.

780M The April 20 blast spilled 780-million litres of oil.

The gusher was contained in mid-July after a temporary cap was successfully fitted atop the well. Mud and cement were later pushed down through the top of the well, allowing the cap to be removed.

But the well could not be declared dead until a relief well was drilled so that the ruptured well could be sealed from the bottom, ensuring it never causes a problem again. The relief well intersected the blown-out well Thursday, and crews started pumping in the cement on Friday.

THE ASSOCIATED PRESS

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Ambassador to U.S. issues a stern warning

Doer concerned that proposed legislation will hurt Canadian exports to U.S. Vote could come this week

Canada's ambassador to the United States has issued a stern warning to the most powerful congressional leaders on Capitol Hill over a protectionist piece of legislation that "will have a disproportionally negative impact on intertwined U.S.-Canada supply chains and on jobs in both our countries."

In a letter obtained by The Canadian Press, Gary Doer also points out that the Foreign Manufacturers Legal Accountability Act violates America's World Trade Organization and NAFTA obligations.

FRED CHARTRAND/THE CANADIAN PRESS

Gary Doer

"As Congress considers this legislation, we trust that any legislation that moves forward would respect United States' international trade obligations," he wrote to Nancy Pelosi, speaker of the House of Representives, and Harry Reid, Senate majority leader. The act, set for vote as early as this week, would ban imports from companies that don't have a U.S. agent. It's aimed at ensuring that foreign manufacturers of defective products can be served with legal papers. The proposed legislation is the result of a Chinese drywall fiasco that sickened some Americans.

But similar to Buy American provisions, the law will ensnare Canadian manufacturers in onerous and costly red tape even though they're not the intended target. THE CANADIAN PRESS

Britain. Papal visit

Pilgrims hold banners at Pope Benedict XVI's mass in Birmingham, England, yesterday.

HEADERS

Paying to see Pope celebrate mass

The Vatican declared Pope Benedict XVI's four-day visit to Britain a "great success" yesterday, saying the pontiff was able to reach out to a nation wary of his message and angry at his church's sex abuse scandal. On his final day, Benedict praised British heroics against the Nazis to mark the 70th anniversary of the Battle of Britain. Benedict celebrated mass before tens of thousands of faithful who paid £25 each (about $40) to attend. This trip marked the first time pilgrims had been asked by their church to pay to see the pope.

We need more judges: B.C.

A lack of provincial court judges in British Columbia has set off a cry for help from current judges as they throw out charges on everything from traffic violations and drunk driving to cocaine trafficking.

THE CANADIAN PRESS

Iranian prez says no nukes

Scan for the story

Talking water in Montreal

A call to end the privatization of the municipal water supply is expected to spill onto the streets this week. Protesters are expected at the World Water Congress, being held in Montreal.

THE CANADIAN PRESS

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VETERANS OMBUDSMAN

Vets want to keep Stogran on

Former Canadian soldiers don't want the voice of war veterans silenced just yet.

A petition circling some legion halls urges the Conservative government to keep popular veterans ombudsman Pat Stogran on the job a while longer.

The Tories have said the retired colonel's three-year contract won't be renewed this fall.

But the petition makes it clear the veterans want Stogran to stick around. Among other things, it calls on the government to "renew the mandate of the Veterans Ombudsman, Col. Pat Stogran"

The petition will be sent to Parliament once it makes its way through the legions.

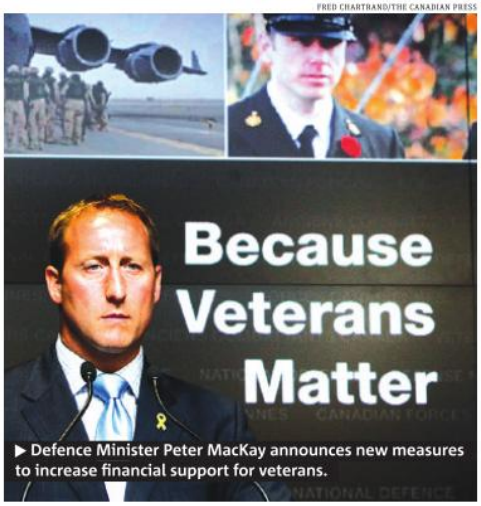
Stogran, a former ground commander in Afghanistan, has been speaking out in public and on Twitter to highlight the plight of many veterans and wounded soldiers.

He held a news conference last month, flanked by wounded veterans, and blasted government officials and bureaucrats for letting down those who put life and limb on the line for their country.

THE CANADIAN PRESS

More money for vets

FRED CHARTRAND/THE CANADIAN PRESS



▶ Defence Minister Peter MacKay announces new measures to increase financial support for veterans.

But some vets say they're still unhappy with lump-sum payments

The governing Conservatives tried to head off a political fire fight when Parliament resumes today by announcing a plan to boost monthly payments to injured and wounded war veterans.

Conservative cabinet ministers held a news conference yesterday to outline what they called the first of several steps to help those who have served their country

Veterans Affairs Minister Jean Pierre Blackburn hinted at more measures to come.

THE CANADIAN PRESS

$200M fund

- The five-year plan includes an additional $200 million over the next five years for veterans who can't ever go back to work because of their injuries, Veterans Affairs Minister Jean Pierre Blackburn told a news conference.
- Those veterans will get an extra $1,000 each month for the rest of their lives. That amount will be on top of 75 per cent of their salaries and a permanent monthly allowance of $536 to $1,609.

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Down Under on smuggling

PM looking for ways to avoid repeat of last month's arrival of 500 Tamil migrants off the coast of B.C.

DAVID COOPER/TORSTAR NEWS SERVICE

▶ Jason Kenney

Immigration Minister Jason Kenney has been holding talks in Melbourne with Australian officials on how to deal with human smuggling. They also discussed how both countries might jointly warn potential migrants of the dangers of relying on smugglers, particularly by sea.

Kenney, who is on a fact-finding mission to help shape Ottawa's promised crackdown on ships full of asylum-seekers arriving on Canada's shores, is scheduled to meet with his Australian counterpart Chris Bowen today. He noted that while it may not be possible to eliminate human smuggling, there are actions that can reduce its frequency. The Conservatives plan to kick off the fall session of Parliament with new rules for migrants, aimed at preventing more shiploads from targeting Canada. THE CANADIAN PRESS

Thailand. Protest

▶ Red Shirt protesters with pictures of ousted prime minister Thaksin Shinawatra.

APICHART WEERAWONG/THE ASSOCIATED PRESS

Four years in, the struggle goes on

Thousands of anti-government or Red Shirt protesters who are also supporters of ousted prime minister Thaksin Shinawatra took part in a rally in Chiang Mai province, Thailand yesterday marking the fourth anniversary of the military coup that ousted Thaksin from power. Chiang Mai is a hometown of Thaksin.

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Market moment

PRICES AS OF 5 P.M. FRIDAY

TSX	Dollar	Oil	Natural gas 1,000 cu ft
12,164.56 (Friday)	96.96¢ US (Friday)	$73.66 US (Friday)	$4.024 (Friday)

Gold contracts $1,275.60 (Friday)

Economy still in a big hole

Population growth means output per person remains $1,500 below what it was in October 2008 Household debt now at 145% of income

Two years removed from what many feared would be the total collapse of the world economic and financial systems, Canadians may be forgiven for asking: "What was the big deal?"

The most severe global recession in six decades fizzled into a run-of-the mill slump in Canada lasting three quarters and costing just over 400,000 jobs, a mere 2.4 per cent of the labour force.

And as the second anniversary of "the Great Recession" approaches, superficially at least, Canada's economy appears to be just about where it started. But if the recession is over, it certainly doesn't feel like it.

David Rosenberg, chief economist with wealth management firm Gluskin Sheff and well-known economic bear, was surprisingly laudatory about how Canada has coped with the global meltdown, and bounced back so far.

But, he says the future doesn't look so bright. Weakness in the U.S. will hammer Canadian exporters, and tapped-out consumers will drag down the domestic economy.

"All we've done is stop the clock from where the economy was two years ago ..."
DEREK HOLT, SCOTIA CAPITAL

THE CANADIAN PRESS/CHRIS YOUNG

▶ Finance Minister Jim Flaherty has given no hint that he is thinking about another round of stimulus, or even extending programs beyond their use-it-or-lose-it date of March 31.

Rosenberg says the housing boom fed residential construction and the wealth effect from higher prices supported spending.

"But now the bloom is off the rose and we're going to be going through a significant cooling off of growth through the next several quarters," he adds.

Unlike in 2008 and 2009, consumers will no longer have the capacity to prop up the economy, he said. THE CANADIAN PRESS

Employment

The economy has recouped all of the jobs that vanished in 2008 and 2009, but since then the population has grown from 33.5 million to over 34 million

▶ All those jobs recouped don't take into account the growth in people needing jobs. There are 373,000 more unemployed today than two years ago.

The unusual September stock market rally has hit the brakes

Scan this code for the story

Air travel

▶ The UAL acquisition of Continental will combine .

WEEKEND DEAL CREATES WORLD'S BIGGEST AIRLINE

The biggest airline in the world will have the United name and Continental's globe logo.

Shareholders who approved combining the two companies Friday hope United Continental Holdings attracts more top-dollar corporate travellers with its larger network while reducing costs. Some industry watchers say the deal will lead to higher fares, but United and Continental say there's enough competition from low-cost airlines to keep prices from rising.

Measured by traffic, the new United will leapfrog Delta, Air France-KLM and American Airlines to become the world's biggest airline. The vote for the deal topped 98 per cent at both companies.
THE ASSOCIATED PRESS

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ENJOYING A LONG WALK IN THE PARK

Urban Compass

CAROLYN MORRIS

"Just hold onto the fence," says Christa Kroboth, a bubbly woman with wavy dirty-blond hair, a water bottle and flashlight dangle from her loaded backpack.

She follows a chain-link fence down a steep slope leading into Sunnybrook Park. A group of middle-aged singles — four men and three women — follow her down.

A Stroll in the Park, Kroboth's somewhat deceptively named walking club, can get a little more intense than you might expect. From steep hills to icy winter terrain, the groups head out in all kinds of conditions. For the past 20 years, Kroboth has organized walks for singles who want to explore Toronto's huge network of parks and ravines, but don't want to venture out alone.

She knows firsthand how dangerous the city's parks can be if you're on your own. When she was 17 years old, she was biking in High Park in the middle of the day (a family was picnicking close by), when she was attacked in a public washroom. Before she got to the door on her way out, a man jumped from behind a partition and grabbed onto her. She managed to get a hold of his Adam's apple, squeezed it and was able to escape. But from then on, High Park didn't seem so inviting.

"Playing matchmaker wasn't originally her goal. But romantic types do tend to enjoy long walks in the park, so she's seen a lot of singles leave as doubles."

Years later, having developed into an avid environmentalist campaigning for Greenpeace, Kroboth decided to launch A Stroll in the Park. She figured she couldn't be the only single woman hoping to take advantage of the city's green spaces. She posted an ad in a local weekly paper, inviting single nature lovers to join her for a walk in High Park. She's since branched out to 16 of the city's parks, and has made excursions to Algonquin, Niagara, Banff and some to international destinations.

Like a true environmentalist, Kroboth doesn't own a car. So all her Toronto walks start at a TTC station. And her routes are carefully planned to hit a few washrooms along the way. "Because I'm a woman," she laughs.

Playing matchmaker wasn't originally her goal. But romantic types do tend to enjoy long walks in the park, so she's seen a lot of singles leave as doubles — and gets wedding pictures and thank-yous in the mail. She's even lost a few boyfriends to others by bringing them on the walks.

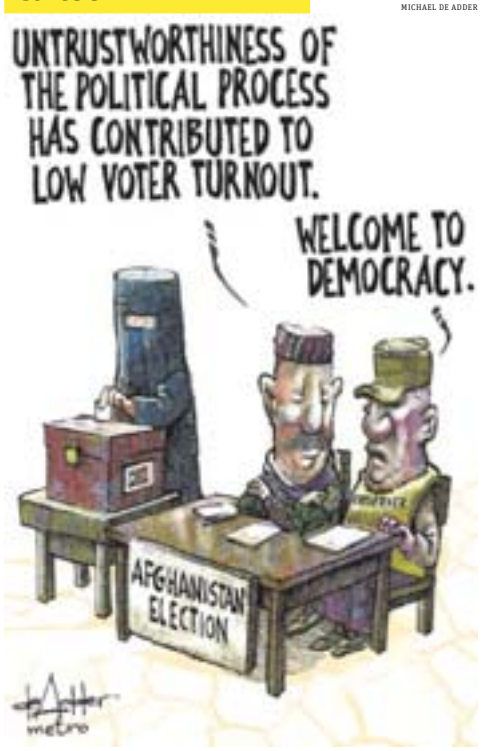
"It's like a hobby gone wrong!" she says. But doesn't seem bitter.

Visit www.astrollinthepark.com for more information

Read more of Carolyn Morris' columns at metronews.ca/carolynmorris

Cartoon

MICHAEL DE ADDER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No love for Lohan

Letters & Tweets

HALIFAX. Can you people not find anything else to write about besides Lindsay Lohan? Every day I cringe at seeing her picture and another article. She's often on the front page!

I talk to friends about this and they are all in agreement: We are sick and tired of it!

Who gives a damn? We sure don't, and if this paper was not free, I would certainly not be paying for it. It's sad though that you waste time and space printing this crap.

Don't you get it? We are not interested! Why don't you take a poll of your readers? It is so annoying I just had to write you.

Please find something of value or interest to tell us about. Thanks.
RICHARD GALLANT

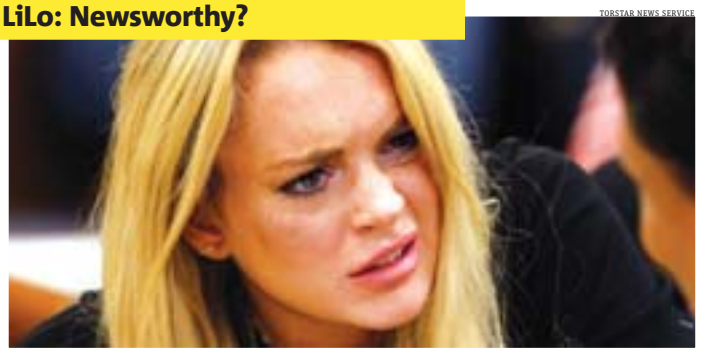
WHITBY. I am a firearms owner and I am against keeping the long-gun registry. Unlike registering my car — only necessary if I use it on public roads — I am considered a criminal for not registering my firearms, even though I may not take them out of my house.

Motor vehicles are far more deadly to our society than firearms have ever been.

I believe the LGR is nothing more than a tool to help governments in confiscation of private property.
PETER SEDGE

LiLo: Newsworthy?

TORSTAR NEWS SERVICE



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Metro Minute at Eko Jewelry

It's a place so fabulous, you're almost loathe to reveal where you picked up your one-of-a-kind designer necklace, and that perfect bracelet that goes with just about everything in your closet. But as it's our job to let you know about these things, may we suggest you check out Eko Jewelry's chic showroom at 288 Queen St. W (or its newer location at 2611 Yonge St.), where the open concept design makes it easy to drool over that pair of Alexis Bittar earrings, while sizing up the Metal Pointus tribal-inspired piece that would make your co-workers mad with envy. You'd be hard pressed to find a cooler selection of gems in town.
JORDANA DIVON

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R&B songstress Brandy battles nerves (and lost wardrobe dreams) before her debut on the 11th season of Dancing With the Stars ● Dancing partner Chmerkovskiy finds his groove with 31-year-old star

MATT SAYLES/THE ASSOCIATED PRESS

▶ Singer Brandy and her dancing partner, Maksim Chmerkovskiy, rehearse for Dancing With The Stars last week.

Brandy looking for fairy tale on dance floor

It's the night of the Dancing With the Stars premiere, 20 minutes until Brandy and her partner Maksim Chmerkovskiy dance live in front of millions, and the singer-actress can't find her performance costume.

Scrambling, she finally locates the dress, but now one of her dance shoes is missing. With time running out, she decides to perform barefoot, but she misses her cue and can't catch up for the duration of the dance.

Then she wakes up.

Brandy has spent several nights dreaming about Dancing With the Stars, and she confesses her anxious nocturnal sojourn during a rehearsal just days before the season premiere.

"A couple of nights before, I'd been dreaming about the mirrorball," she says, referring to the show's glittery trademark trophy. "So that's good."

But with the 11th season about to begin, her nerves are rising. "I have a hard time trusting the process and trusting the moment," she says.

Chmerkovskiy reassures her. A veteran of eight Dancing seasons, he says that if she makes a mistake, he's ready "with plans C, D and F to camouflage it, so you've got nothing to worry about."

After two weeks of working together daily, Brandy and Chmerkovskiy's playful chemistry is clear. He purposely pokes at her sore muscles; she warns that he better not drop her during one of their tricky turns.

"That's like telling Michael Jordan you better make that basket," the pro dancer says.

THE ASSOCIATED PRESS

▶ Randy Quaid

Randy Quaid, wife accused of burglary

Actor Randy Quaid and his wife are facing burglary charges in California after the owner of the couple's old house reported they had been living there without permission.

A representative of the property owner called Santa Barbara County sheriff's deputies Saturday afternoon to report that squatters had been staying in the guest house illegally. When deputies arrived at the house that evening, they found Randy and Evi Quaid, who said they had owned the property since the 1990s.

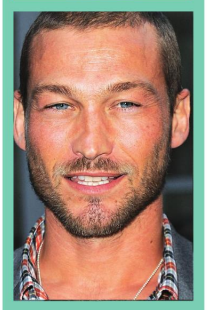
The property owner's representative provided documents that showed his client had bought the home in 2007 from a man who had purchased it from the Quaids several years earlier. A contractor showed police more than $5,000 in damages to the guest house that he believed was caused by the Quaids.

Police arrested the Quaids on charges of felony residential burglary and entering a noncommercial building without consent, a misdemeanour. Police also charged Evi Quaid, 47, with resisting arrest.

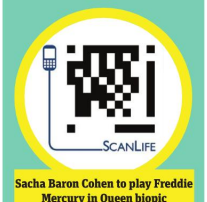
Bail was set at $50,000 each. THE ASSOCIATED PRESS

2 scene

In brief



Starz network says Spartacus: Blood and Sand star Andy Whitfield is leaving the show to battle a recurrence of cancer. Production of the Spartacus series' second season was postponed this spring when Whitfield was diagnosed with non-Hodgkin lymphoma.
THE ASSOCIATED PRESS



Sacha Baron Cohen to play Freddie Mercury in Queen biopic

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A conman with a conscience

Newcomer James Wolk stars in drama Lone Star as loveable bigamist opposite John Voight

IAN JOHNSTON
SCENE@METRONEWS.CA

Actor James Wolk, 25, says selling ladies' shoes helped prepare him for the role of bigamist conman Bob Allen in the new drama Lone Star.

"Bob's greatest tool is the ability to make people believe in him," says Wolk, who at 12 began selling shoes in his father's store.

"I learned the ability to connect with people. They aren't going to buy unless they're comfortable with the person they talk to."

In Lone Star — which premieres tonight on Global — Bob's gift for gab has landed him a wife who is part of a billionaire Texas oil family that Bob hopes to fleece. Add to that another wife and con in a small town, and Bob's got a lot on his schedule.

Yet, trouble only begins to brew when Bob develops a conscience and starts having true feelings for his two families. Soon, he's scheming not only to make money, but to fix the damage he's done in both his lives.

According to Lone Star executive producer Amy Lippman (Party of Five), casting a relative unknown like Wolk opposite acting heavyweight Jon Voight (who plays an oil company patriarch) wasn't the original plan. Still, Lippman thinks there's a real advantage to having someone new on screen. "There will never be another moment in time where people won't know who he is."

Lippman says the show can only work if the audience sides with Bob, who is "doing something really immoral" even while he's trying to make things right. Still, Lippman says Bob's scheming and lies won't ultimately make or break the show.

"It'll be successful if you can interest audiences in those two marriages — something that isn't always related to a secret or a lie."

SUBMITTED

▶ Wolk plays smooth-talking Bob Allen in Lone Star

TV picks

A new view of the Queen

ROYAL WATCH. It's the Queen as you've never seen her: in 3-D. Viewers of Queen Elizabeth in 3-D won't need a fancy new 3-D TV to watch, but will need special glasses that were handed out at Canada Post to see the 3-D segments. METRO

▶ **Queen Elizabeth in 3-D**
Documentary.
CBC.

A classic returns

HIGH FIVE. A revamped version of crime drama Hawaii Five-0 premieres with Alex O'Loughlin, Scott Caan, Daniel Dae Kim and Grace Park. METRO

▶ **Hawaii Five-O**
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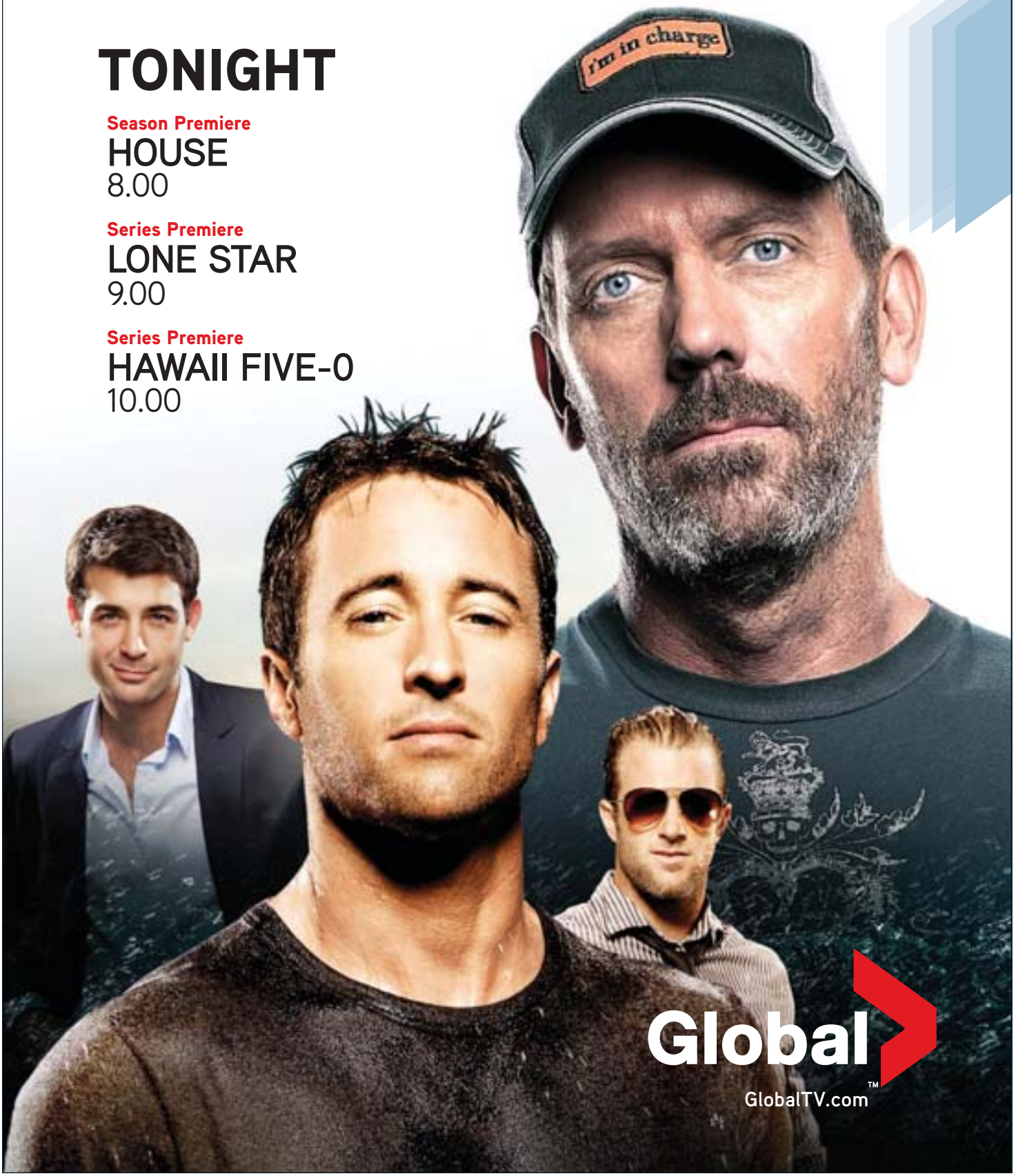

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Stewart vs. Colbert

Show hosts go head to head with Washington rallies Stewart urging Americans to tone down political criticism, Colbert wants to escalate it

They'll be duelling rallies unlike any seen recently in the U.S. capital: The Daily Show host Jon Stewart urging Americans to tone down the angry political rhetoric, while pseudo-news nemesis Stephen Colbert exhorts his own supporters nearby to rage against Stewart's "dark, optimistic forces."

Stewart plans to host a Rally To Restore Sanity on Oct. 30 on the National Mall in D.C. for the Americans he says are too busy living normal, rational lives to attend other political demonstrations. Colbert, meantime, will shepherd his fans in a March To Keep Fear Alive.

"It is happening, people!" Stewart announced Thursday to cheers from the studio audience for his Comedy Central show.

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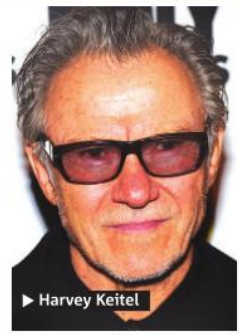
Keitel picks himself for lead role in The Office



Harvey Keitel says he'd be the "perfect choice" to replace Steve Carell on The Office.

He's just not sure he wants the job.

Carell has said this will be his final season playing Michael Scott on The Office, and a producer of the show was recently quoted as saying Keitel would be "probably the only guy" who could fill his shoes.

But Keitel says he hasn't been approached about the role.

While best known for tough-guy roles in Taxi Driver, Reservoir Dogs and Bad Lieutenant, Keitel has also done lots of comedy.

He was at the Toronto International Film Festival to promote A Beginner's Guide to Endings, a comedic drama in which he plays a serious role, and will soon be seen in Little Fockers and the spoof The Last Godfather.

"Well, if I have to answer you honestly, I think I'm a great idea for it. Would I want to do it? I don't know that," Keitel said Friday, when asked about The Office rumours.

"One of the producers of the show spoke about liking some comedy things I had done like Monkey Trouble ... (and) he felt I had a comic area that was not tapped.

"Although I think it has been tapped ... I agreed with the guy — and that's what propels me to say I think I'm a perfect choice."

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▶ Kid Rock during testimony at his trial

Kid Rock must pay for fight

Musician and his entourage must pay victim of their beating $40K

A suburban Atlanta jury awarded $40,000 Friday to a man who says musician Kid Rock and his entourage beat him and smashed his cellphones during a 2007 fight at a Waffle House restaurant.

Harlen Akins sued Kid Rock, and five members of his entourage over the fight.

DeKalb County State Court Judge Johnny Panos on Thursday dismissed two of the defendants.

Akins sought $6,000 in medical fees and an unspecified amount in punitive damages. The jury decided not to award punitive damages, but gave him $40,000 in compensatory damages.

The damages will be divided among the four remaining defendants based on how much responsibility each was assigned. Kid Rock will pay 15 per cent.

The musician and his friends had sought to settle the matter without a trial, but the plaintiff demanded $2.9 million, Horton said.

The musician pleaded guilty in March 2008 to a misdemeanour charge of simple battery stemming from the melee.

THE ASSOCIATED PRESS

Fire ruins Ricki Lake property

20 minutes is how long it took firefighters to put out the blaze that destroyed Lake's Malibu home.

Authorities say Ricki Lake's beachfront rental home in Malibu has burned down.

Los Angeles County sheriff's officials say deputies answering a 911 call Saturday found the 41-year-old actress and talk show host, her two sons and their dog standing safely outside.

Firefighters put out the blaze in 20 minutes, but the home was destroyed.

Sheriff's Lt. Rich Erickson told the Los Angeles Times that a couch caught fire when Lake was refuelling a portable heater.

The blaze shut down a stretch of the Pacific Coast Highway for 90 minutes on Saturday.

Lake starred in the movie Hairspray and later hosted a daytime talk show.

She has recently become an advocate for home birth, co-writing a book and producing a film on the subject..

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The highlights of TIFF

TIFF had it all from amputations to Truffle Lobster Pizza to Lisa Simpson

RICHARD CROUSE
SCENE@METRONEWS.CA

Throw together 258 feature films, hundreds of famous folks and a celebrity pet lounge and you have the good, the cool and the silly from this year's Toronto International Film Festival. The 10 day event is a memory now — it ended last night with some free screenings at the festival's new home, The TIFF Bell Lightbox, for some very tired festival veterans — but, in addition to great movies like 127 Hours, The King's Speech, Good Neighbours and Biutiful, here are some random festival tidbits that set tongues wagging.

ALBERTO E. RODRIGUEZ/GETTY IMAGES

▶ Yeardley Smith, aka Lisa Simpson attended TIFF

Best Movie Quote

"There's more incest in this town than in an Atom Egoyan movie." — Daydream Nation.

Most Fun Celebrity Sightings

The town was lousy with celebs — everyone from legends like Robert Redford to newbies like Carey Mulligan — but the coolest celeb sightings had to be Yeardley Smith (the voice of Lisa Simpson) at the Swarovski Party, Bruce Springsteen walking down College Street and Small Town Murder Songs star Jill Hennessy busking with her sister Jacqueline on King Street.

Best Acceptance Speech

"This is a huge honour," said The High Cost of Living director Deborah Chow, winner of the $15,000 SKYY Vodka Award For Best Canadian First Feature Film. "I need to thank SKYY Vodka, not just for this award but for saving me from having to work at Starbucks next weekend."

Most Surprising Dinner Order

Slender Stone star Milla Jovovich enjoyed the Truffle Lobster Pasta at the So-Ho Metropolitan Hotel so much she ate it every day she was in Toronto.

Best Alleged Bad Behaviour

A very famous movie producer was purportedly seen pushing a baby carriage out of the way while running to catch an elevator at the Four Seasons.

Most Dangerous Screening

Danny Boyle's 127 Hours, the true story of climber Aron Ralston who cut off his own right arm after getting pinned by a boulder. The amputation sequence is so intense several members of the audience required medical attention. Runner-up: The Whistleblower, which caused at least one fainting spell.

Best Excuse for Cancelling an Interview

John Carpenter, director of the the chiller The Ward, who blew off TIFF and dozens of confirmed interviews because he was called to jury duty in Los Angeles.

TIFF HANDOUT

▶ Director Deborah Chow gave a memorable acceptance speech after her film The High Cost of Living won the SKYY Vodka Award for Best Canadian First Feature Film.

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RICHARD CROUSE
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Buried director Rodrigo Cortés on his admiration for Ryan Reynolds:
"I hope that all Canadians are not like Ryan Reynolds because that embarrasses the world. People like him should be forbidden."

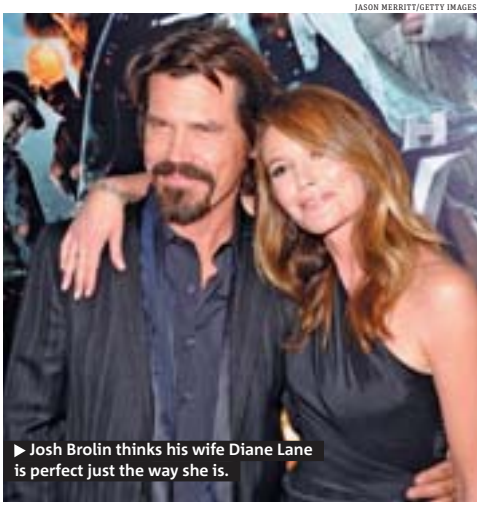
Woody Allen on aging:
"I'll be 75 in another couple of months and I do see myself as becoming waning and decrepit."

Jacob Tierney on working with a cat in Good Neighbours:
"He starred in 300. That's the cat from 300. Do you know how many times the trainer told me that? I was like, 'Awesome. Shall I talk to his agent?'"

Paul Giamatti on the famous "merlot" line in Sideways:
"The funniest thing about that line is the only reason it is merlot is that we tried all these different wines and that was the only one that was funny… was the word merlot. For some reason that sounded funnier than chardonnay."

Josh Brolin on Diane Lane:
"If you look at my wife's boobs you'll see that she doesn't need a boob job."

JASON MERRITT/GETTY IMAGES



▶ Josh Brolin thinks his wife Diane Lane is perfect just the way she is.

Top of the heap

▶ Colin Firth in The King's Speech.

The Toronto International Film Festival ended on the weekend after unspooling more than 300 films during an 11-day cinematic marathon. The Canadian Press writers who covered the fest pick some of the best film and acting performances.

▶ **Best Films:**
Another Year
Easy A
The King's Speech
Blue Valentine
Black Swan
Daydream Nation
Incendies
The High Cost of Living
Rabbit Hole

▶ **Best Performances:**
Javier Bardem in Biutiful
Colin Firth in The King's Speech
James Franco in 127 Hours
Paul Giamatti in Barney's Version
Ryan Gosling in Blue Valentine
Liana Liberato in Trust
Carey Mulligan in Never Let Me Go.
Natalie Portman in Black Swan
Jeremy Renner in The Town

THE CANADIAN PRESS

GETTY IMAGES

▶ Russell Brand

Brand defends his fiancée

Russell Brand was arrested at Los Angeles International Airport after allegedly assaulting a photographer that was hounding him and fiancée Katy Perry, according to TMZ.

Brand later posted a $20,000 bond and was released. Around the time of the incident, Perry posted to Twitter that Brand was defending her honour, writing, "If you cross the line & try and put a lens up my dress, my fiancé will do his job & protect me." METRO

Idol's Lambert accused in assault case

Former American Idol contestant Adam Lambert is accused of simple battery on a photographer in Miami Beach.

A police report says 38-year-old Victor Eras was taking pictures of the singer Thursday when Lambert started running toward him "in an aggressive manner."

Eras claims Lambert grabbed his back pack and wrestled him to the ground. The photographer did not suffer any injuries. He declined to comment to The Associated Press on Friday.

No arrests were made. A police spokesman says there will not be an investigation. The state attorney's office will review the report and decide if any charges will be filed.

GETTY IMAGES

▶ Adam Lambert is in trouble after allegedly confronting a photographer who was taking pictures of him.

TMZ first reported the alleged attack.

Lambert's publicist did not immediately return a call seeking comment. THE ASSOCIATED PRESS

Lohan admits failed drug test

Lindsay Lohan has come clean about her drug addiction for the first time, taking to her Twitter account for a lengthy confession after news broke that she'd failed her first court-ordered drug test since leaving rehab early.

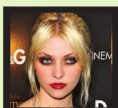
"Regrettably, I did in fact fail my most recent drug test and if I am asked, I am prepared to appear before Judge Fox next week as a result," she posted. "Substance abuse is a disease, which unfortunately doesn't go away over night… This was certainly a setback for me but I am taking responsibility for my actions and I'm prepared to face the consequences."

Lohan could face another 30 days in jail for violating her probation. METRO

Celebrity tweets

Bill Maher [@billmaher] About to get my star on the walk of fame - this feels like the bar mitvah I never had - mostly cuz we were Catholic

Katy Perry [@katyperry] Signing up for a liver transplant now...



Taylor Momsen [@taylormomsen] Rob Zombie should remake the Exorcist

Steve Martin [@SteveMartinToGo] OMG. President Lincoln has been shot! Wait, whoa, my internet connection is SUH-LOW.

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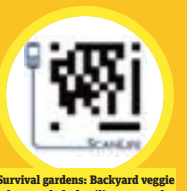
Bribes

Did you know...

Using gifts to motivate children to complete their homework does as much damage as it does good. While offering gifts may inspire a more enjoyable homework experience, according to a survey of more than 1,000 Canadian parents conducted by Ipsos-Reid, there are also some unexpected negative side-effects, such as children expecting a reward and rushing to complete their homework. What can parents do? Focus on praise and encouragement. This advice is courtesy of Kumon Math and Reading Centres, the world's largest after-school math and reading program.

NEWS CANADA



Survival gardens: Backyard veggie plots can help families save cash. Scan code for news

▶ Author Iain Reid had lived away from home for about a decade when a part-time radio gig lured him back to Ottawa. At the age of 27, he was moving back in with his parents, and adjusting to being a boomerang kid. He wrote a book about the experience, One Bird's Choice.

Leaving, and then returning to the nest

Humour and reflection: Iain Reid pens book about moving back in with his parents after being out on his own for almost a full decade

In his late 20s, Iain Reid headed back to his parents' empty nest as an underemployed and overeducated young adult still trying to find his way in the world.

After almost a decade on his own, including several years in the big city of Toronto, it was an adjustment for Reid to be a 27-year-old living on his parents' isolated hobby farm near Ottawa, where he had a summer radio gig reviewing books.

"Nothing had really changed," he said in an interview, musing about the early days of his arrival back home.

"My parents were a little different but nothing had changed. My room was identical to when I was in Grade 3. The posters were the exact same, so that certainly added to the feeling of sort of sadness when I first moved home."

"My room was identical to when I was in Grade 3."
IAIN REID ON RETURNING HOME

Reid has aptly captured the angst, humour and quirkiness of his year at home in a new book, One Bird's Choice .

He describes the old log house, setting up a study where he could write and helping with chores like tagging the sheep, gathering eggs and digging manure out of the barn.

Not to mention interactions with his parents, whether it's learning the trick to flushing the finicky toilet, teaching his mom how to use a computer or visiting the gym with his dad.

"The whole book obviously is poking fun at my parents a bit and poking fun at me a lot, but also it's a bit of an homage to them because I probably couldn't have done it without the support and letting me come back home."

THE ASSOCIATED PRESS

Boomerang kids

- Much has been said and written in recent years about the boomerang kids — young adults returning home — and those who don't move out, as portrayed in the movie Failure to Launch.

Sex-ed common in U.S., birth control-ed not so much

Almost all U.S. teens have had formal sex education, but only about two-thirds have been taught about birth-control methods, according to a new government report.

Many teens apparently are not absorbing those lessons — other recent data shows that after years of steady decline, the teen birth rate rose from 2005 to 2007. It dipped again in 2008, to about 10 per cent of all births.

The report from the U.S. Centers for Disease Control and Prevention is based on face-to-face interviews with nearly 2,800 teenagers in their homes from 2006 through 2008. Female interviewers from the University of Michigan asked the questions for the CDC.

About 97 per cent of teens said they received formal sex education by the time they were 18. Formal sex education was defined in the report as instruction at a school, church, community centre or other setting teaching them how to say no to sex or about birth control and sexually transmitted diseases.

Lessons about saying no and STDs were more common than instruction on how to use a condom or other birth control, the study found.

Overall, about two-thirds of teens got birth control instruction by the end of high school — about 62 per cent of boys and 70 per cent of girls.

In contrast, about 92 per cent of boys and girls reported being taught about sexually transmitted diseases, and almost that many learned about preventing infection with the AIDS virus. And about 87 per cent of girls and 81 per cent of boys were taught how to say no to sex. THE ASSOCIATED PRESS

No change

- Other research suggests that comprehensive sex education declined from 1995 to 2002, and this report seems to indicate that it hasn't changed since then, said John Santelli, a Columbia University professor of population and family health.

Tasty adzuki beans jump into the mainstream

LARRY CROWE/THE ASSOCIATED PRESS

▶ Adzuki beans are leaping into the world of cooking.

Get ready to spill the beans on adzuki.

Wait. You've never heard of adzuki beans? You will. Also known as azuki, aduki and Chinese red beans, these pint-sized packages of protein have been moving from the shelves of ethnic markets to big chains. They're even showing up in snack foods and ice cream.

"They're becoming a lot more mainstream," says Wendy Esko, marketing assistant in charge of product development and research at Eden Foods, which sells the beans under the name aduki. "In fact, out of the 33 kinds of canned beans that Eden offers, aduki beans rank No. 7."

And at Whole Foods, more than 8,000 kilograms of adzuki beans were sold last year just in California, according to Patrick Wyman, grocery co-ordinator for the chain's Northern California region.

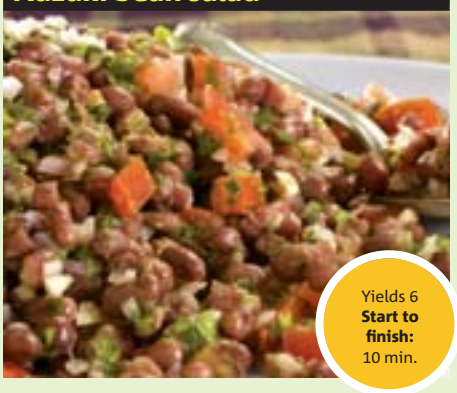
Vibrantly coloured and sweet, adzuki are commonly used in desserts in Asian cooking. But in North America they often are put to savoury use, mixed into salads, cooked with rice and dropped into soups. Like other beans, adzuki are a good source of protein. Unlike many other dried legumes, they don't have to be soaked before cooking.

And now they've even made their way into snack foods. Boulder Canyon Natural Foods sells several varieties of chips made from rice and adzuki beans, including chipotle cheese flavoured and sun-dried tomato and basil.

The beans also are showing up in American gelato. Even Food Network's Emeril Lagasse and Robert Irvine have done recipes using them.

THE ASSOCIATED PRESS

Adzuki bean salad



Yields 6
Start to finish: 10 min.

Ingredients :

- 15 ml apple cider vinegar
- 30 ml lemon juice
- 30 ml extra-virgin olive oil
- 3 cloves garlic, minced
- 1 shallot, finely diced
- 2 ml salt
- 1 ml ground black pepper
- 1 ml cumin
- 455-ml can adzuki beans, drained
- 2 medium tomatoes, seeded and diced
- 250 ml chopped fresh parsley, lightly packed

Preparation:

1. In a large bowl, whisk together the cider vinegar, lemon juice, olive oil, garlic, shallot, salt, pepper and cumin.
2. Add the beans and tomatoes, then stir well to coat.
3. Add the parsley and toss well. Adjust seasonings as desired.

THE ASSOCIATED PRESS

And the Canadian cookbook awards nominees are...

After reading 68 entries and testing many recipes, 20 Canadian food professionals have chosen a short list for the Canadian Culinary Book Awards.

The annual awards are sponsored by Cuisine Canada and the University of Guelph.

The winners, along with the second award for the Canadian Culinary Landmarks Hall of Fame and the annual Edna Staebler Award, will be announced Nov. 5 on the opening day of the Royal Agricultural Winter Fair in Toronto.

Cuisine Canada is a national alliance of Canadian culinary professionals who share a common desire to encourage the development, use and recognition of fine Canadian food and beverages.

For more than 40 years, the University of Guelph has contributed to Canadian cuisine in its programs in agriculture, food science, hospitality and tourism management. It is the home of one of Canada's best cookbook collections. THE CANADIAN PRESS

The lists

Shortlisted in the English Cookbook Category:

- Laura Calder for French Taste: Elegant Everyday Eating.
- Anna Olson for Fresh with Anna Olson: Seasonally Inspired Recipes to Share with Family and Friends.
- Michael Smith for The Best Chef at Home: Essential Recipes for Today's Kitchen.

Shortlisted in the English Special Interest Category, books about food and beverages:

- Tony Aspler for Tony Aspler's Cellar Book: How to Design, Build, Stock and Manage Your Wine Cellar Wherever You Live.
- Ricki Heller, Sweet Freedom: Desserts You'll Love without Wheat, Eggs, Dairy or Refined Sugar.
- David Sax for Save the Deli: In Search of Perfect Pastrami, Crusty Rye and the Heart of the Jewish Delicatessen.

Shortlisted for the English Canadian Culinary Culture Category, books that best illustrate Canada's culinary heritage and food culture:

- Chef's Table Society of British Columbia, Vancouver Cooks 2.
- Nathalie Cooke, editor of What's To Eat? Entrees in Canadian Food History.
- Michael Howell, Atlantic Seafood: Recipes from Chef Michael Howell.

Sustainable seafood

Fish is tasty and nutritious ◐ But many world fish stocks are exploited ◐ How do we protect our oceans?

The United Nations' Food and Agriculture Organization reports that more than 70 per cent of the world's fish stocks are fully fished, overfished or exploited.

Our oceans are facing an unprecedented crisis. This has caused many Canadian grocers to think differently about the sources of the seafood they sell, prompting the development of sustainable seafood policies to help protect our oceans.

What does this mean for you? If you were asked to define what sustainable seafood means, could you do it?

According to Canadian Grocer, Loblaw Companies Limited, seafood sustainability means that the type of seafood caught can maintain or increase its population in the future without harming the ecosystems from which they come.

But sustainability is not just the number of available fish, it's also about changing the way we farm and catch fish. Certain fishing and farming methods have a negative impact on our oceans by damaging the marine environment.

It is important that better methods are put into place and sustainable seafood practices are embraced. Knowing the origin of the seafood you're eating is important. The same species of fish can come from different bodies of water, each with its own fishery systems that may not be sustainable.

Education is key. Read the package, read the labels and ask questions. Look for products carrying the Marine Stewardship Council (MSC) ecolabel, as it indicates the product is sustainably sourced.

MSC is an international non-profit organization that developed the world's leading environmental standard for independent, third-party scientific certification of sustainable and well-managed wild-capture fisheries.

▶ Do you know where fish you eat comes from?

The more informed you are, the better equipped you'll be to make good decisions. Beyond the obvious fresh and frozen counters, seafood is also a secondary ingredient in products such as fish oils in vitamins and Omega 3 in juice, eggs, and dairy.

NEWS CANADA

5 worst forest foods

Has it ever crossed your mind that those cookie crumbs in your lap could be related to the wiping out of the world's rainforests? ◐ Here are the top five offenders that are actually causing trees to get the chop:

1
Beef

The clearing of rainforests to create grassland for cattle to graze on is of huge concern. This will then lead to the degradation of soil and the pollution of rivers nearby. Was that juicy beef burger really worth it?

2
Palm oil

Rainforests, most notably across Asia (Malaysia, Indonesia, Thailand) are being cleared for palm oil plantations, as this productive oil seed has become the number one food crop worldwide. Palm oil is a common substitute for partially hydrogenated oils and can be found in anything ranging from cookies to cereal or bread.

3
Rice

The forests of Asia are being destroyed in order to make room for rice fields, "paddies." Not only is this contributing to the loss of precious land and loss of habitat for many local species, rice fields emit the largest amounts of methane gas, between 50 and 100 million tons a year.

4
Corn

Following the U.S. subsidies tagged to corn for the production of ethanol, production has soared, especially in the Amazon rainforest.

5
Soy

More and more people are choosing to consume less meat, a decision that has led to an increase in demand for soy, the main ingredient used in making tofu (a staple of the vegetarian diet). Soy covers some 11 million hectares of forest across South America.

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Sara Lee program eases transition

Sara Lee made headlines with the launch of its Returnship program, aimed specifically at individuals looking to re-enter the workforce.

A group of Sara Lee female executives brainstormed ideas they could apply at the corporation to attract top talent looking to re-enter the workforce in a flexible arrangement, Alissa Bolton, senior manager of corporate communications, said by email.

Rather than continue with a standalone program with a select number of positions, it's now part of Sara Lee's general hiring process in which it clearly identifies positions that qualify for flexible arrangements, Bolton wrote.

Rotman School of Management associate dean Beatrix Dart said businesses are increasingly paying attention to how to better reintegrate mid-career professionals back into the workforce. "The demographic writing is on the wall," said Dart. "There will be a shortage of talent and you have to start thinking now, `Where are you going to find your talent?'" THE CANADIAN PRESS

The road back to work can be an uphill climb

Programs help women return to labour market after extended absence

When Patricia Virc took her first maternity leave, she had done so with the view that she would undoubtedly return to work, but perhaps in an area that was more family-friendly.

During her leave, the lawyer had even started a master's program in securities law to ensure she'd keep up to date with issues in the field, particularly if she decided to switch from private practice to working for government.

While Virc said she wasn't completely disconnected from work as she focused on raising her children, she spent six years out of the labour force.

The mother of three found herself confronting a familiar challenge not exclusive to — but largely faced by — professional women who take leave. Whether the time away is devoted to raising children, acting as a caregiver for an aging parent or an ailing family member, many women may find the road back to work after an extended absence can be an uphill climb.

"Having been sort of a high-performance person coming out of university and having gotten just the best articling job, I never had to go out and search for work. I always had sort of people just demanding my skill and getting just to choose where I wanted to work," recalled Virc, who had worked in corporate commercial litigation with a Toronto-based practice.

"Now I'm in a situation where I've been off for a while, entering in a very difficult economy, and the key thing when you're looking for a job is to be relevant and you can't live forever on past glories," she added.

FRANK GUNN/THE CANADIAN PRESS

▶ After taking time off to focus on raising her three children, Patricia Virc of Echo Energy decided the time had come to re-enter the workforce.

Virc took part in ReConnect, a seven-day executive development program aimed at helping professional women re-enter the workforce at a leadership level. She was among the participants in the inaugural year of the CIBC-sponsored program, run by the University of Western Ontario's Richard Ivey School of Business.

Virc believed the program would — and did — cover changes in business, including advancements in technology and challenges arising as a result of the global and economic crises, among other issues.

But she said she also gained guidance on the importance of the job search and self-marketing, which stressed the value of individuals investing in themselves as they would with any other business or money-making opportunity.

She credits a combination of skills learned at ReConnect for helping her land her current job as legal counsel for Echo Energy Canada Inc.

ReConnect faculty director Mary Heisz said while the majority of women in the program were those who have left to raise children, there have been more than a few who had been caring for an aging parent, ill spouse or were ill themselves, or who had left work in search of something different.

"I did have a really interesting and successful career before I left, but nobody's really interested in hearing what you did six or seven years ago." PATRICIA VIRC

"The overriding factor that all the women have had in common is that they have thought of this as an investment in becoming more confident before they started back into the workforce," she said.

Among the areas explored are networking skills, bringing resumes up to date, preparing for interviews and addressing what they did during that gap period, which can be a huge source of anxiety for women, Heisz said.

"We spend a fair amount of time talking about, `OK, you weren't just home with kids. What did you actually learn? You actually learned a lot of skills while you're managing a home,'" she said. "And most women that stay home with kids often they also volunteer as well, so they're learning a lot of skills there." THE CANADIAN PRESS

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Are you feeling overworked?

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DREW HINSHAW
LIFE@METRONEWS.CA

Hard as it is to put the work-a-holic down, sometimes the best move you can make for your day job is to ditch it and play.

"We have a notion in our country that work is like a marathon, you just do more and more and more," offers Feeling Overworked author Ellen Galinsky. "That's out of sync with how our bodies operate. To be creative, we need time for rest and recovery."

Those rest and relaxation pit stops during the daily rat race can replenish more than your inner artist: It can let you live longer, sleep sounder, age with elegance, and churn out office accomplishments that will draw the envy of your over-toiled job mates.

"If businesses operated on how people actually function, we would be more efficient," Galinsky claims. She drums up a dreadful statistic concerning the 27 per cent of Americans whose job-related sleep troubles are sabotaging their jobs. Another 31 perc ent are debilitated by stress, she laments — and that was before the recession.

▶ Feeling overworked and underjoyed? It's time to make some time for yourself.

When you're that stretched thin, stretch your legs, recommends Maggie Mistal, host of Sirius Radio's Making a Living.

"Taking occasional walks can make a huge difference," she notes. "The longer you sit at your desk the more you're at risk for health problems."

To get the most return from your workdays, ensure you're getting the most from your days away. Career mentor Cindy Pladziewicz says that means discovering some after-hours joy time, spent on pastimes pleasant enough to let you forget where you abandoned your iPhone.

"Find something that will engage you," she suggests. "It could be a sport, time in nature, music, something laid back, but the key is that you take a break."

The irony, Galinsky notes, is that those who invest the most of ourselves in our careers spend the scantest time reflecting on what it is we're chasing.

"If it often takes having an illness before people start living the way they want to," she observes. "We shouldn't have to make that responsible for living the way we want to live."

"We have a notion in our country that work is like a marathon, you just do more and more and more. That's out of sync with how our bodies operate."
ELLEN GALINSKY

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Many new doctors say they work while sick

Junior doctors quickly learn that exposure to patients' germs is part of the job, but a study suggests many are returning the favour. More than half of doctors in training said in a survey that they'd shown up sick to work, and almost one-third said they'd done it more than once.

Misplaced dedication and fear of letting other doctors down are among reasons the researchers cited as possible explanations.

Dr. Anupam Jena, a medical resident at Massachusetts General Hospital in Boston, developed food poisoning symptoms halfway through an overnight shift last year, but said he didn't think he was contagious or that his illness hampered his ability to take care of patients.

Jena, a study co-author, said getting someone else to take over his shift on short notice "was not worth the cost of working while a bit sick." He was not among the survey participants.

The researchers analyzed an anonymous survey of 537 medical residents at 12 hospitals around the country conducted last year by the Accreditation Council for Graduate Medical Education. The response rate was high; the hospitals were not identified.

THE CANADIAN PRESS

survey says ...

- **Nearly 58 per cent** of the respondents said they'd worked at least once while sick and 31 per cent said they'd worked more than once while sick in the previous year.
- **About half** said they hadn't had time to see a doctor about their illness.

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▶ While middle-schoolers sometimes push parents away, at other times, parents need to resist the impulse to step in and rescue them.

Learn to let go

Parents need to step back as kids make the transition to middle school

Transitioning to middle school is hard. Kids go from being big shots in an elementary school where they knew everyone, to being pip-squeaks in a school where they don't know anyone. They have six teachers instead of one, a new locker combination, and nobody to sit with at lunchtime.

"It's such a traumatic time, even for a well-adjusted elementary school student," said Dr. Joyce Stalwart, senior associate dean in The University of Alabama's College of Education. "They are coping with everything from changing classes to physical changes and hormones to increased academic expectations."

"It's a whole other world," said Lisa Merkin of Pinecrest, Fla., a mother of five with two children in middle school. "In fifth grade, they're still kind of coddled. But in middle school, if you don't have your homework, the teacher is not going to make a big deal of it. You're just going to get a zero."

There are also organizational challenges: "They need a binder for this and a binder for that. They have four minutes to get to their next class," Merkin said. And then there's the social aspect. In elementary school, they had friends going back to kindergarten. In middle school, Merkin said, "when they walk in the cafeteria, are they sitting by themselves?"

"We should feel like we can engage in conversations about learning, why things are designed the way they are and what the goals are."
LEIF GUSTAVSON

Complicating all of this is a change in the parent's role as kids "go from being babies to being teenagers. I remember wanting to be dropped off in the middle of the street so my mom couldn't kiss me goodbye!" Merkin recalled.

But while middle-schoolers sometimes push parents away, at other times, parents need to resist the impulse to step in and rescue them.

Rather than nagging a kid to do the work, arguing about it or intervening with teachers, the start of middle school is a good time to let students experience the real-world consequences of their choices — even if, at first, that means disappointment or failure.

"The only way we learn is through making mistakes, taking risks, trying things and experiencing the consequences," said Leif Gustavson, professor of education at Arcadia University in Glenside, Pa.,

Stallworth agreed: "Try not to solve those problems. Instead, listen to them and encourage and empower them to get through it."

I learned the wisdom of those words from my own children. Soon after my younger son started middle school, he came home one day utterly dejected, saying that he had no friends. Ever the helpful mom, I proposed having a pizza party and inviting all the kids in his homeroom as a way to make friends.

Fortunately my wise older son, already in high school, warned me to stay out of it and let his little brother make his own friends. He was right. Needless to say, within a few weeks, my younger son had more friends than he'd had in elementary school. Staying out of it was definitely the best thing I could have done. THE ASSOCIATED PRESS

When in doubt, talk it out

It can also be helpful to talk things out with kids when they're facing challenges, whether academic or social. But rather than offering solutions, parents should ask questions.

"Approach any situation with an open-ended question instead of a directive: 'So what do you think you should do about that?'" said Leif Gustavson, who is also executive director of an after-school writing program for teens called Qui Vive!

And make sure kids understand that the school is there to help them. Encourage them to talk to teachers if they're doing poorly in a subject. Perhaps there is tutoring available, or extra credit work. If they're having difficulty making friends, perhaps there are clubs, teams or other activities where they can meet kids outside of class. Many of my son's new friends came from drama and sports. THE ASSOCIATED PRESS

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- Computerized Accounting
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- Medical Office Assistant
- Mechanical Engineering Design & Technology
- Esthetics/New Technologies
- Esthetics/Electrolysis
- Personal Support Worker
- Pharmacy Assistant
- Legal Administrative Assistant
- Software Training for Civil and Mechanical Engineers *
- PLC/Robotics *
- Bank Teller Training *
- MCSE 2003 & CCNA *
- Cisco VoIP certification *

Laid off, underemployed, EI active, EI reach back & Non EI–eligible recipients, maternity or parental benefit, SA & ODSP recipients may be eligible for funding for the skills training.

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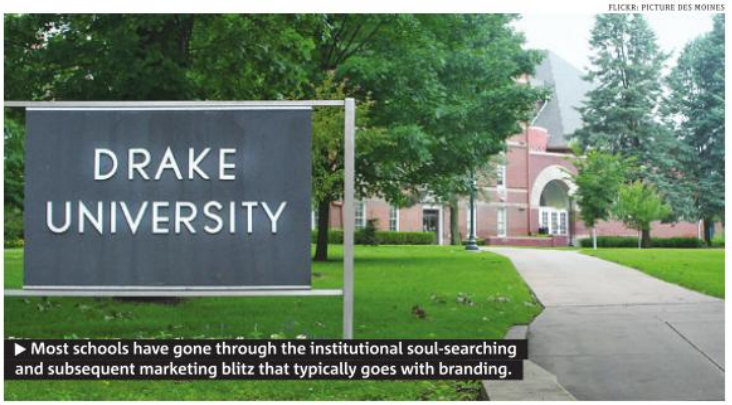
FLICKR: PICTURE DES MOINES



▶ Most schools have gone through the institutional soul-searching and subsequent marketing blitz that typically goes with branding.

Edgy marketing carries big risks

College 'branding' virtually unheard of 15 years ago

Drake University hoped a bold, blue "D+" on a direct-mail piece and its admissions website would grab the attention of high school kids inundated with same-old, same-old college recruitment material.

What looked like a pretty bad grade was supposed to entice teenagers to take a closer look at the pluses of attending the school in Des Moines, Iowa.

Drake officials didn't anticipate their daring idea getting ridiculed on advertising blogs, angering alumni who complained on Facebook that their degrees had been devalued, or inspiring a local store to market "D+ student" T-shirts to amused Drake students and underachievers alike.

Consider it a cautionary tale for colleges embarking on marketing and branding campaigns designed to set themselves apart in the cutthroat competition to gain prestige and grab their share of a shrinking student pool.

Fifteen years ago, the term "branding" was virtually unheard of in higher education. The idea of selling college like a luxury vehicle or an expensive cup of coffee was viewed as antithetical to the academic mission.

Although pockets of resistance remain, it'd be difficult these days to find a four-year school that hasn't gone through the institutional soul-searching and subsequent marketing blitz that typically goes with being a "Brand U."

The new challenge may be this, as Drake has learned: When everyone is trying to stand out, colleges can no longer expect to meet enrolment targets by playing it safe. And pushing the marketing envelope carries risks and rewards.

"Historically, folks really have taken a fairly conservative approach," said Robert Moore, president and CEO of Chicago- and Washington-based marketing firm Lipman Hearne and author of a book on higher education branding. "We are seeing a bit more out-of-the-box stuff, and I think the jury is still out." THE ASSOCIATED PRESS

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TRANSIT THAT CARES 2010

Argos grab a 'needed' win

- Victory over Winnipeg snaps Toronto's three-game losing streak
- Owens provides spark as Argonauts keep pace with Tiger-Cats in East

FRANK GUNN/THE CANADIAN PRESS

▶ Winnipeg Blue Bombers QB Steven Jyles is sacked by Toronto Argonauts defensive tackle Kevin Huntley yesterday.

ARGOS	BLUE BOMBERS
17	13

Every Chad Owens kick return has the potential to be a game-changer but with one spectacular run yesterday afternoon, he managed to change the course of a couple of seasons, too.

The 28-year-old Hawaiian helped pull the Toronto Argonauts out of a three-game slide with an 80-yard punt return in the third quarter, and their defence stopped a third-down gamble in the dying minutes to secure a 17-13 victory that buries the Winnipeg Blue Bombers in the East Division.

Owens's third return TD of the season was the first big play of the game for the Boatmen, who got an earful from head coach Jim Barker at halftime. It put them ahead 7-6, and they never trailed again.

"We needed a spark, someone to get us started and the best thing was C.O. got everyone fired up," said receiver Jeremaine Copeland, whose touchdown catch in the fourth quarter helped seal the deal. "This was the start of us getting into the playoffs.

"We needed to win this game, we all knew that. It turned out good because we needed a win bad."

They did, and it was a big one.

Not only were the Argos (6-5) able to keep pace with the Hamilton Tiger-Cats (6-5), who rallied for a 35-31 win at B.C. on Saturday night, for second in the East Division, they also picked up the tiebreaker against the Blue Bombers (3-8) and now look firmly set for the playoffs.

Winnipeg, meanwhile, faces long odds of overtaking either Toronto or Hamilton in the East, leaving them looking at the crossover to steal third in the West. But they need to get their own house in order first.

"There's seven games left, that's 14 points on the board, you can get into the East or the West, still," said head coach Paul LaPolice.

"It was such an important game, but if you can't execute you can't win, and we have to (win)."

Copeland, back after missing three games with an elbow injury, caught a nine-yard TD pass from Cleo Lemon while Justin Medlock added a 50-yard field goal for the Argos.

Medlock and defensive end Ricky Foley, who collected a sack, were both signed in midweek and provided a boost.

THE CANADIAN PRESS

Lester blanks Bautista, Blue Jays

RED SOX	BLUE JAYS
6	0

Jon Lester slowed down the Toronto Blue Jays and their home run king.

Lester twice got major league home run leader Jose Bautista to ground out with the bases loaded yesterday, helping the Boston Red Sox beat the Blue Jays 6-0 to avoid a three-game sweep.

Lester (18-8) allowed four hits over seven innings to win his fifth straight start and become the first Red Sox lefty to win 18 games since Bruce Hurst in 1988.

Victor Martinez hit a solo homer for Boston, and J.D. Drew had a two-run shot in a five-run fifth.

The Blue Jays were mathematically eliminated from the playoff race with the loss.

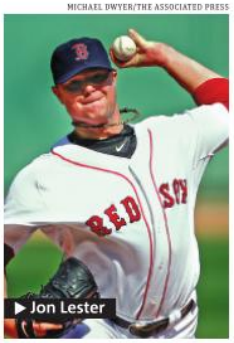
"It's always disappointing when the playoffs are starting and you're not one of the teams in it," second baseman John McDonald said. "We set out goals of making the playoffs and the World Series."

Bautista had homered in three straight games, giving him a franchise-record 49 for the season and a lead of 10 in the majors over next-best Albert Pujols of the St. Louis Cardinals.

But Bautista, who grounded out to third with nobody on in the first inning, was out on a fielder's choice to the shortstop with the bases loaded in the third and another to the third baseman with the bases loaded in the fifth.

THE ASSOCIATED PRESS

MICHAEL DWYER/THE ASSOCIATED PRESS



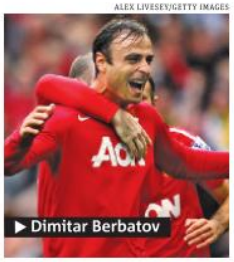
▶ Jon Lester

Berbatov scores 3 in Man U win

2 minutes

Time it took Chelsea to go in front against Blackpool. After Salomon Kalou's tap-in, Florent Malouda scored twice and Didier Drogba netted with a deflected strike.

ALEX LIVESEY/GETTY IMAGES



▶ Dimitar Berbatov

A hat trick from Dimitar Berbatov gave Manchester United a 3-2 victory over Liverpool, while Premier League leader Chelsea extended its perfect start to the season by routing Blackpool 4-0 yesterday.

United threw away a two-goal lead in the second half when Steven Gerrard scored two goals in six minutes for Liverpool, but Berbatov's third, in the 84th minute, sealed the three points.

"It's a magical day, special for me of course because I scored a hat trick and we won against our rivals Liverpool," Berbatov said. "Everything was really happening for me."

THE ASSOCIATED PRESS

4 sports

Sports in brief

1 Michigan State coach Mark Dantonio had a mild heart attack shortly after calling an audacious fake field goal to beat Notre Dame in overtime.

2 Tamira Paszek won the Bell Challenge for her second WTA Tour title.

3 Reigning AL MVP Joe Mauer left Minnesota's game against Oakland with a balky left knee.

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NFL in pictures

PHOTOS
1. GRANT HALVERSON/GETTY IMAGES
2. LEON HALIP/GETTY IMAGES
3. RONALD MARTINEZ/GETTY IMAGES
4. JONATHAN DANIEL/GETTY IMAGES

1 Pittsburgh quarterback Dennis Dixon hurt his knee early in the second quarter and did not return in the Steelers' 19-11 victory over the Tennessee Titans.

2 Michael Vick's second touchdown pass put the Philadelphia Eagles ahead just before halftime and they held on to beat the Detroit Lions 35-32.

3 Jay Cutler has overcome several early hard hits to throw three touchdown passes, leading the Chicago Bears to a 27-20 victory over the Dallas Cowboys and giving them a 2-0 start for the first time since their Super Bowl season in 2006.

4 Clay Matthews had three sacks, leading a dominant defensive performance in the Green Bay Packers' 34-7 victory over the Buffalo Bills.

THE ASSOCIATED PRESS

low as a Viking

- Quarterback has four turnovers, posts 44.3 QB rating in loss to Miami
- Minnesota falls to 0-2, coach says he expects increased urgency

JAMIE SQUIRE/GETTY IMAGES

▶ Brett Favre is sacked by Kendall Langford yesterday.

When Brett Favre made the decision, finally, to return for a 20th NFL season, he made it clear from the start that duplicating last year's magic with the Minnesota Vikings wasn't going to be easy.

Then again, he didn't think it was going to be this hard.

Favre was intercepted three times and the Miami Dolphins defence stopped Adrian Peterson on fourth-and-goal from the 1 to preserve a 14-10 victory over the Vikings yesterday.

After throwing two interceptions at the Metrodome all of last season, Favre accounted for four turnovers in the 2010 home opener, with the other a fumble on a sack by Cameron Wake in the end zone that Dolphins linebacker Koa Misi recovered to give Miami a 14-0 lead in the third quarter.

15	9
DOLPHINS	VIKINGS

"It's just hard to repeat those type of numbers and statistics and it's hard to repeat wins," Favre said of 2009, when the Vikings went 9-0 at home and he threw 33 touchdowns and seven interceptions to lead them to the NFC title game.

The offence had trouble clicking at the start of last season too, but games against pushovers Cleveland and Detroit helped the Vikings start 2-0.

This year, with openers against the New Orleans Saints and Dolphins, and with star receiver Sidney Rice out with a hip injury and several other key players missing big chunks of time in the pre-season with ailments, the Vikings have dug themselves quite a hole with sloppy performances on offence.

"It was more what we didn't do than what they did, but I give those guys credit," Favre said.

The 40-year-old Favre had his worst day as a Viking with a 44.3 quarterback rating. Two of his interceptions came at the Miami goal line. One came on a tipped ball and another on what appeared to be miscommunication with Bernard Berrian.

But the end result is the same — the Vikings are 0-2, with a game against the Detroit Lions before a daunting post-bye schedule awaits.

"I don't think any of these guys are panicked," coach Brad Childress said.

"But I do feel like the urgency will definitely pick up."

THE ASSOCIATED PRESS

AL BELLO/GETTY IMAGES

▶ Mark Sanchez

Sanchez shines in win over Patriots

Mark Sanchez and the New York Jets finally played like the team coach Rex Ryan says can win the Super Bowl.

Sanchez outdueled Tom Brady with a career-high three touchdown passes and the Jets overcame the loss of Darrelle Revis to beat the New England Patriots 28-14 yesterday.

Sanchez completed a career-high 21 passes on 30 attempts for 220 yards and connected with Braylon Edwards, Jerricho Cotchery and Dustin Keller for scores.

THE ASSOCIATED PRESS

5

Number of field goals made by Bengals kicker Mike Nugent in Cincinnati's 15-10 win over Baltimore, a career high for him. He connected from 36 and 30 yards for a 6-0 halftime lead, then from 46, 38 and 25 yards in the second half.

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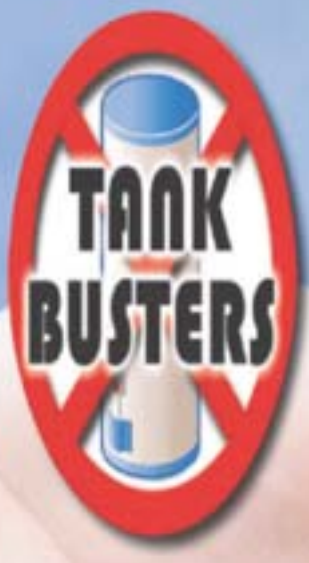

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Thermal Heat Loss
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Limited Supply
Conventional water heaters frequently run out of hot water after several back-to-back demands and often after only one shower or demand. The user must then wait for a long period of time for the heater to "refresh".

Overheating
To ensure a traditional heater refreshes at a reasonable rate, most heaters are set at very high temperatures (130F+). This wastes energy and increases risk of scalding, especially for children and the elderly.

Hard Water Minerals
Hard water scale forms most readily when water is heated for extended periods. Hard water scale quickly coats the internal components causing a loss of efficiency and shorter life, and often leaks.

Short Life / Disposal
Conventional water heaters typically last from 8 to 12 years in most residential applications. They are bulky and take up a huge amount of landfill space and are costly to recycle.

Bulky Size
Due to their large storage tanks, conventional water heaters are bulky and take up lots of space.

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Sophisticated tankless heaters allow you to set the ongoing water temperature to a much more reasonable and safer temperature, closer to the actual temperature you will use the water at, thereby **reducing risk of scalding**. According to the US Department of Energy, for each 10F reduction in water temperature, you can save between 3%-5% in energy costs.

Since hot water is not stored, tankless water heaters generally handle hard water minerals and sediments much better than conventional tanks. This makes them far **less likely to leak or rupture** and able to **maintain efficiency throughout their whole lifecycle**. Accordingly, many have much longer warranties.

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AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB	WCGB	L10	Str	Home	Away
New York	90	59	.604	—	—	4-6	L-1	49-25	41-34
Tampa Bay	89	59	.601	½	—	5-5	L-1	46-29	43-30
Boston	83	66	.557	7	6½	6-4	W-1	43-32	40-34
Toronto	75	74	.503	15	14½	3-7	L-1	39-33	36-41
Baltimore	59	90	.396	31	30½	6-4	W-1	34-43	25-47

CENTRAL DIVISION

	W	L	Pct	GB	WCGB	L10	Str	Home	Away
Minnesota	89	60	.597	—	—	7-3	L-1	49-25	40-35
Chicago	79	69	.534	9½	10	2-8	L-5	40-33	39-36
Detroit	74	74	.500	14½	15	6-4	W-2	47-28	27-46
Cleveland	62	87	.416	27	27½	5-5	L-1	32-42	30-45
Kansas City	61	87	.412	27½	28	4-6	W-1	34-40	27-47

WEST DIVISION

	W	L	Pct	GB	WCGB	L10	Str	Home	Away
Texas	83	65	.561	—	—	8-2	L-1	48-26	35-39
Oakland	74	74	.500	9	15	6-4	W-1	44-30	30-44
Los Angeles	73	76	.490	10½	16½	7-3	W-1	38-34	35-42
Seattle	57	92	.383	26½	32½	2-8	W-1	35-42	22-50

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB	WCGB	L10	Str	Home	Away
Philadelphia	89	61	.593	—	—	9-1	W-7	48-27	41-34
Atlanta	86	64	.573	3	—	6-4	W-3	52-23	34-41
New York	74	76	.493	15	12	5-5	L-3	44-30	30-46
Florida	73	75	.493	15	12	3-7	L-6	35-39	38-36
Washington	62	87	.416	26½	23½	2-8	L-3	35-36	27-51

CENTRAL DIVISION

	W	L	Pct	GB	WCGB	L10	Str	Home	Away
Cincinnati	84	66	.560	—	—	5-5	L-1	45-30	39-36
St. Louis	77	71	.520	6	8	4-6	W-1	46-28	31-43
Houston	72	77	.483	11½	13½	6-4	W-1	41-37	31-40
Milwaukee	69	79	.466	14	16	5-5	L-1	36-38	33-41
Chicago	68	81	.456	15½	17½	8-2	W-6	33-42	35-39
Pittsburgh	51	98	.342	32½	34½	4-6	W-3	36-39	15-59

WEST DIVISION

	W	L	Pct	GB	WCGB	L10	Str	Home	Away
San Francisco	84	66	.560	—	—	6-4	W-1	45-30	39-36
San Diego	83	66	.557	½	2½	4-6	L-1	42-32	41-34
Colorado	82	67	.550	1½	3½	7-3	L-1	51-24	31-43
Los Angeles	73	77	.487	11	13	4-6	W-1	42-33	31-44
Arizona	59	91	.393	25	27	2-8	L-3	35-40	24-51

AMERICAN LEAGUE

Yesterday's results
Boston 6 Toronto 0
Baltimore 4 N.Y. Yankees 3 (11 ings)
L.A. Angels 6 Tampa Bay 3
Kansas City 6 Cleveland 4
Oakland 6 Minnesota 2
Seattle 2 Texas 1
Detroit at Chicago White Sox
Saturday's results
Toronto 4 Boston 3
Minnesota 4 Oakland 2
Detroit 6 Chicago White Sox 3
N.Y. Yankees 11 Baltimore 3
Cleveland 6 Kansas City 4
Tampa Bay 4 L.A. Angels 3 (10 ings)
Texas 6 Seattle 1
Tonight's games
(All times Eastern)
Kansas City (Greinke 9-12) at Detroit (Porcello 9-11), 7:05 p.m.
Tampa Bay (Garza 14-8) at N.Y. Yankees (Nova 1-0), 7:05 p.m.
Baltimore (Matusz 8-12) at Boston (Matsuzaka 9-5), 7:10 p.m.
Cleveland (J.Gomez 3-4) at Minnesota (Duensing 9-2), 8:10 p.m.
Chicago White Sox (Floyd 10-13) at Oakland (G.Gonzalez 14-9), 10:05 p.m.
Texas (D.Holland 3-3) at L.A. Angels (Jer.Weaver 12-11), 10:05 p.m.
Tomorrow's games
Kansas City at Detroit, 7:05 p.m.
Tampa Bay at N.Y. Yankees, 7:05 p.m.
Seattle at Toronto, 7:07 p.m.
Baltimore at Boston, 7:10 p.m.
Cleveland at Minnesota, 8:10 p.m.
Chicago White Sox at Oakland, 10:05 p.m.
Texas at L.A. Angels, 10:05 p.m.

NATIONAL LEAGUE

Yesterday's results
Atlanta 6 N.Y. Mets 3
Chicago Cubs 13 Florida 3
Pittsburgh 4 Arizona 3
Philadelphia 7 Washington 6
Houston 4 Cincinnati 3
St. Louis 4 San Diego 1
San Francisco 9 Milwaukee 2
L.A. Dodgers 7 Colorado 6 (11 ings)
Saturday's results
Atlanta 4 N.Y. Mets 2
Colorado 12 L.A. Dodgers 2
San Diego 8 St. Louis 4
Pittsburgh 9 Arizona 6
Cincinnati 11 Houston 1
Philadelphia 5 Washington 2
Chicago Cubs 5 Florida 3
Milwaukee 2 San Francisco 1
Today's games
St. Louis (C.Carpenter 15-7) at Florida (Volstad 9-9), 3:10 p.m.
Atlanta (Jurrjens 7-6) at Philadelphia (Hamels 11-10), 7:05 p.m.
Houston (Norris 8-8) at Washington (Li.Hernandez 10-11), 7:05 p.m.
Cincinnati (H.Bailey 3-3) at Milwaukee (Capuano 3-4), 8:10 p.m.
Tomorrow's games
Atlanta at Philadelphia, 7:05 p.m.
Houston at Washington, 7:05 p.m.
St. Louis at Pittsburgh, 7:05 p.m.
N.Y. Mets at Florida, 7:10 p.m.
San Francisco at Chicago Cubs, 8:05 p.m.
Cincinnati at Milwaukee, 8:10 p.m.
Colorado at Arizona, 9:40 p.m.
San Diego at L.A. Dodgers, 10:10 p.m.

WILD CARD

AMERICAN LEAGUE

	W	L	Pct	GB
Tampa Bay	89	59	.601	-
Boston	83	66	.557	6.5
Chi White Sox	79	69	.534	10.0

NATIONAL LEAGUE

	W	L	Pct	GB
Atlanta	86	64	.573	-
San Diego	83	66	.557	2.5
Colorado	82	67	.550	3.5
St. Louis	77	71	.520	8.0
NY Mets	74	76	.493	12.0

AMERICAN LEAGUE

RED SOX 6, BLUE JAYS 0

Toronto	ab	r	h	bi	Boston	ab	r	h	bi
McCoy lf	2	0	1	0	Kalish cf	4	0	0	0
YEscor ss	3	0	0	0	J.Drew rf	4	1	1	2
JBautst rf	4	0	0	0	Reddck rf	0	0	0	0
V.Wells cf	4	0	1	0	VMrtnz c	4	1	2	1
Overay 1b	4	0	1	0	D.Ortiz dh	4	0	0	0
J.Buck c	4	0	0	0	Lowell 1b	4	0	1	0
Encrnc 3b	4	0	0	0	LAndrs 1b	0	0	0	0
Arencii dh	3	0	0	0	Lowrie ss	4	1	1	0
JMcDnl 2b	4	0	2	0	Hall 2b	4	1	2	0
Nava lf	3	1	1	1					
YNavrr 3b	2	1	1	1					
Totals	**32**	**0**	**5**	**0**	**Totals**			**33**	**6 9 5**
Toronto						**000**	**000**	**000**	**0**
Boston						**000**	**150**	**00x**	**6**

E—McCoy (2). LOB—Toronto 9, Boston 4. 2B—Hall (12), Nava (13). HR—J.Drew (19), V.Martinez (18).

	IP	H	R	ER	BB	SO
Toronto						
Marcum L,12-8	5 1-3	9	6	6	0	3
Mills	1 2-3	0	0	0	1	0
T.Buchholz	1	0	0	0	0	0
Boston						
Lester W,18-8	7	4	0	0	4	4
Atchison	1	1	0	0	0	1
Coello	1	0	0	0	0	1

Umpires—Home, Greg Gibson; First, Brian Knight; Second, Gerry Davis; Third, Sam Holbrook.
T—2:37. A—37,234 (37,402) at Boston.

CFL

WEEK 12

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
Montreal	11	8	3	0	344	250	16
Hamilton	11	6	5	0	270	286	12
Toronto	11	6	5	0	237	293	12
Winnipeg	11	3	8	0	291	290	6

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
Calgary	11	9	2	0	396	245	18
Saskatchewan	11	7	4	0	321	304	14
B.C.	11	3	8	0	276	295	6
Edmonton	11	2	9	0	200	372	4

Yesterday's results
Toronto 17 Winnipeg 13
Montreal 31 Edmonton 14
Saturday's result
Hamilton 35 B.C. 31
Friday's result
Saskatchewan 43 Calgary 37 (OT)

WEEK 13

Friday, Sept. 24
Montreal at Winnipeg, 8 p.m.
Saturday, Sept. 25
Saskatchewan at Hamilton, 6:30 p.m.
B.C. at Calgary, 9:30 p.m.
Sunday, Sept. 26
Edmonton vs. Toronto (at Moncton, N.B.), 12 p.m.

NFL

WEEK 2

AMERICAN CONFERENCE

EAST

	W	L	T	Pct	PF	PA
Miami	2	0	0	1.000	29	20
N.Y. Jets	1	1	0	.500	37	24
New England	1	1	0	.500	52	52
Buffalo	0	2	0	.000	17	49

SOUTH

	W	L	T	Pct	PF	PA
Houston	2	0	0	1.000	64	51
Jacksonville	1	1	0	.500	37	55
Tennessee	1	1	0	.500	49	32
Indianapolis	0	1	0	.000	24	34

NORTH

	W	L	T	Pct	PF	PA
Pittsburgh	2	0	0	1.000	34	20
Cincinnati	1	1	0	.500	39	48
Baltimore	1	1	0	.500	20	24
Cleveland	0	2	0	.000	28	33

WEST

	W	L	T	Pct	PF	PA
Kansas City	2	0	0	1.000	37	28
San Diego	1	1	0	.500	52	34
Denver	1	1	0	.500	48	38
Oakland	1	1	0	.500	29	52

NATIONAL CONFERENCE

EAST

	W	L	T	Pct	PF	PA
N.Y. Giants	1	0	0	1.000	31	18
Philadelphia	1	1	0	.500	55	59
Washington	1	1	0	.500	40	37
Dallas	0	2	0	.000	27	40

SOUTH

	W	L	T	Pct	PF	PA
Tampa Bay	2	0	0	1.000	37	21
New Orleans	1	0	0	1.000	14	9
Atlanta	1	1	0	.500	50	22
Carolina	0	2	0	.000	25	51

NORTH

	W	L	T	Pct	PF	PA
Chicago	2	0	0	1.000	46	34
Green Bay	2	0	0	1.000	61	27
Detroit	0	2	0	.000	46	54
Minnesota	0	2	0	.000	19	28

WEST

	W	L	T	Pct	PF	PA
Seattle	1	1	0	.500	45	37
Arizona	1	1	0	.500	24	54
San Francisco	0	1	0	.000	6	31
St. Louis	0	2	0	.000	27	33

Yesterday's results
Atlanta 41 Arizona 7
Chicago 27 Dallas 20
Cincinnati 15 Baltimore 10
Denver 31 Seattle 14
Green Bay 34 Buffalo 7
Houston 30 Washington 27 (OT)
Kansas City 16 Cleveland 14
Miami 14 Minnesota 10
N.Y. Jets 28 New England 14
Oakland 16 St. Louis 14
Philadelphia 35 Detroit 32
Pittsburgh 19 Tennessee 11
San Diego 38 Jacksonville 13
Tampa Bay 20 Carolina 7
N.Y. Giants at Indianapolis
Tonight's game
New Orleans at San Francisco, 8:30 p.m.

BETTING

PRO LINE LOTTERY ODDS

MONDAY, SEPT. 20

No.	SPT	VIS	HOME	V+	V	T	H	H+	O	#	U
16	FTB	NWO	SF	2.00	1.50	3.50	3.70	4.80	1.80	44.5	1.60
40	BBL	STL	FLA	1.75	1.45	3.00	2.10	2.50	2.00	8.5	1.50
41	BBL	ATL	PHI	2.60	2.20	3.00	1.40	1.70	2.00	8.5	1.50
42	BBH	JHEY	UTLY	2.40	2.20	3.00	2.00	2.20	—	—	—
43	BBL	HOU	WAS	2.40	2.00	3.00	1.50	1.80	1.90	8.5	1.55
44	BBL	KC	DET	2.20	1.80	2.80	1.60	1.90	—	—	—
45	BBL	TB	NYY	2.20	1.80	2.80	1.60	1.90	1.80	9.5	1.60
46	BBH	CRAW	RCAN	2.60	2.30	3.20	1.90	2.10	—	—	—
47	BBL	BAL	BOS	2.60	2.20	3.00	1.40	1.70	1.80	9.5	1.60
48	BBL	CIN	MIL	1.85	1.55	2.90	1.90	2.30	1.60	8.5	1.80
49	BBH	JVOT	FIEL	2.00	1.80	3.40	2.40	2.80	—	—	—
50	BBL	CLE	MIN	3.60	2.80	3.20	1.20	1.30	1.80	8.5	1.60
51	BBL	CWS	OAK	2.50	2.10	3.00	1.45	1.75	—	—	—
52	BBL	TEX	LAA	2.50	2.10	3.00	1.45	1.75	—	—	—
88	SCR	GETF	DEP	—	2.80	3.00	2.20	—	—	—	—

In the event of any discrepancy between this information and odds available from OLG, the latter shall prevail.

GOLF

NATIONWIDE BOISE OPEN

At Boise, Idaho
Par 71
Final Round

Hunter Haas, $130,500	68-64-67-64—263
Daniel Summerhays, $78,300	67-65-64-68—264
Jhonattan Vegas, $34,800	68-66-67-66—267
Keegan Bradley, $34,800	66-67-66-68—267
Kirk Triplett, $34,800	67-66-65-69—267
John Mallinger, $34,800	68-66-64-69—267
Jamie Lovemark, $23,381	66-70-68-64—268
Patrick Sheehan, $23,381	69-66-67-66—268
D.J. Brigman, $18,850	67-68-68-66—269
Brendan Steele, $18,850	71-65-67-66—269
Jonathan Kaye, $18,850	68-68-67-66—269
Kyle Stanley, $18,850	66-68-68-67—269
Bobby Gates, $14,500	68-67-70-65—270
Zack Miller, $14,500	67-69-65-69—270
Kevin Chappell, $11,600	67-69-69-66—271
Mark Anderson, $11,600	69-66-68-68—271
Jeff Gove, $11,600	71-66-66-68—271
Michael Putnam, $11,600	66-64-72-69—271
Peter Tomasulo, $11,600	65-63-71-72—271
Jarrod Lyle, $8,149	68-69-70-65—272
Gavin Coles, $8,149	65-69-69-69—272
Scott Parel, $8,149	67-67-69-69—272
Also	
Barrett Jarosch, $5,531	**64-69-71-69—273**
David Hearn, $2,741	**67-69-70-70—276**
Ted Brown, $2,266	**72-64-72-71—279**

CYCLING

SPANISH VUELTA

At Madrid
Final Stage
1. Tyler Farrar, U.S., Garmin-Slipstream, 2 hours, 2 minutes, 24 seconds; 2. Mark Cavendish, Britain, Team HTC-Columbia, same time; 3. Allan Davis, Australia, Astana, same time; 4. Wouter Weylandt, Belgium, Quick-step, same time; 5. Matthew Harley Goss, Australia, HTC-Columbia, same time;
Final Standings
Individual (Red Jersey)
1. Vincenzo Nibali, Italy, Liquigas-Doimo, 87 hours, 18 minutes, 33 seconds; 2. Ezequiel Mosquera, Spain, Xacobeo Galicia, 41 seconds behind; 3. Peter Velilts, Slovakia, HTC-Columbia, 3:02; 4. Joaquin Rodriguez, Spain, Team Katusha, 4:20; 5. Frank Schleck, Luxembourg, Team Saxo Bank, 4:43
Team (Grey Bib)
1. Team Katusha, 261 hours, 48 minutes, 4 seconds; 2. Caisse d'Epargne, 33 seconds behind; 3. Xacobeo Galicia, 12:33

TENNIS

WTA BELL CHALLENGE

At Quebec City
Yesterday's results
Singles
Championship
Tamira Paszek, Austria, def. Bethanie Mattek-Sands, U.S., 7-6 (6), 2-6, 7-5.
Doubles
Championship
Sofia Arvidsson and Johanna Larsson, Sweden, def. Bethanie Mattek-Sands, U.S., and Barbora Zahlavova Strycova (1), Czech Republic, 6-1, 2-6, 10-6 tiebreak.

WTA TOUR GUANGZHOU INT'L OPEN

At Guangzhou, China
Yesterday's results
Singles
Champiosnhip
Jarmila Groth (1), Australia, def. Alla Kudryavtseva, Russia, 6-1, 6-4.
Doubles
Championship
Edina Gallovits, Romania, and Sania Mirza, India, def. Han Xinyun and Liu Wanting, China, 7-5, 6-3.

TRANSACTIONS

FOOTBALL

NFL

NEW ENGLAND PATRIOTS — Signed RB-WR Danny Woodhead.

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Columbus	25	13	7	5	33	27	44
New York	25	13	8	4	32	27	41
Toronto FC	25	8	10	7	24	28	31
Kansas City	22	7	9	6	22	24	27
Chicago	23	6	9	8	28	31	26
New England	24	7	14	3	24	41	24
Philadelphia	24	6	12	6	27	39	24
D.C.	25	5	17	3	17	39	18

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Los Angeles	25	15	5	5	38	19	50
Real Salt Lake	25	13	4	8	38	16	47
FC Dallas	24	11	2	11	31	19	44
Colorado	24	10	7	7	32	24	37
San Jose	23	10	7	6	25	23	36
Seattle	25	10	9	6	30	29	36
Chivas USA	23	7	12	4	25	29	25
Houston	24	6	13	5	29	40	23

Last night's result
Kansas City at Chivas USA
Saturday's results
Toronto FC 2 Houston 1
Colorado 3 New England 0
Los Angeles 2 D.C. United 1
Real Salt Lake 1 Chicago 0
Seattle FC 4 Columbus 0

ENGLAND

PREMIER LEAGUE

Yesterday's results
Manchester United 3 Liverpool 2
Wigan 0 Manchester City 2
Chelsea 4 Blackpool 0
Saturday's results
Stoke 1 West Ham 1
Aston Villa 1 Bolton 1
Blackburn 1 Fulham 1
Everton 0 Newcastle 1
Tottenham 3 Wolverhampton Wanderers 1
West Bromwich Albion 3 Birmingham 1
Sunderland 1 Arsenal 1

ITALY

SERIE A

Yesterday's results
Bari 0 Cagliari 0
Cesena 1 Lecce 0
Chievo Verona 0 Brescia 1
Palermo 1 Inter Milan 2
Parma 1 Genoa 1
AS Roma 2 Bologna 2
Udinese 0 Juventus 4
Sampdoria 1 Napoli 2
Saturday's results
Fiorentina 1 Lazio 2
AC Milan 1 Catania 1

SPAIN

LA LIGA

Yesterday's results
Hercules 1 Valencia 2
Racing Santander 2 Zaragoza 0
Levante 1 Villarreal 2
Atletico Madrid 1 Barcelona 2
Malaga 1 Sevilla 2
Saturday's results
Espanyol 1 Almeria 0
Mallorca 2 Osasuna 0
Sporting Gijon 2 Athletic Bilbao 2
Real Sociedad 1 Real Madrid 2

GERMANY

BUNDESLIGA

Yesterday's results
St. Pauli 1 Hamburg 1
Schalke 1 Borussia Dortmund 3
Bayer Leverkusen 0 Nuremberg 0
Saturday's results
Bayern Munich 0 Cologne 0
Werder Bremen 0 Mainz 2
Stuttgart 7 Borussia Moenchengladbach 0
Wolfsburg 2 Hannover 0
Kaiserslautern 2 Hoffenheim 2

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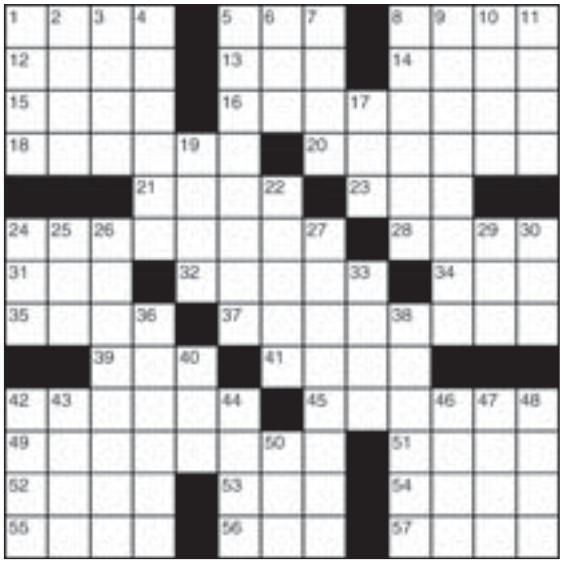
Crossword



Across

1 Ochocinco of the NFL
5 Half a score
8 Slam-dance
12 Tax
13 "— Little Teapot"
14 Busy with
15 Ugandan despot
16 One of the Caesars
18 Render weaponless
20 Broken-bone support
21 Tsp. or tbsp.
23 [With errors unchanged]
24 Monarch with limitless power
28 Pinches
31 Eisenhower
32 Forest trees
34 Rd.
35 Reps.' rivals
37 Group of spectators
39 Energy
41 "Grease" actress Conn
42 Showed off the muscles
45 Country
49 Viennese, for instance
51 Base runner's goal
52 Assess
53 Needle hole
54 Rams' mates
55 Has to
56 Aachen article
57 Carry on

Down

1 Dressed (in)
2 Half (Pref.)
3 Bird, to Brutus
4 Forceful person
5 Jamaican coffee liqueur
6 Ostrich's cousin
7 Complains constantly
8 Curtain fabric
9 One with a lot of contacts?
10 Dazzle
11 Emcee
17 Boom times
19 LP's and CD's (Abbr.)
22 Health (Sp.)
24 Help
25 43-Down musicmaker
26 Storms
27 Swanson product
29 Insulation material, for short
30 Witness
33 Verdi opera
36 Two trios
38 This or that, it doesn't matter which
40 Apiece
42 MacDonald's place
43 Waikiki wingding
44 Conked out
46 "The Music Man" setting
47 Portent
48 Bird's home
50 Nay opposer

▶ Yesterday's answer

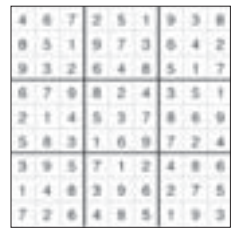
Sudoku

		9				6		
	5	2	3		6	1	9	
4	1						7	3
			9	8	2			
				7				
			1	6	5			
9	6						1	7
	3	8	5		7	2	4	
		7				3		

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶



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Snugglemuffin, you are the Justin to my Bieber. You are my little sassy cutie pie. You mean everything to me. Please stay with me forever.. and ever. **LOVE, GUBE.**

Ryan, through the year that we've been together, I love you more each day. You always have a way to make me smile, and you make me truly happy. I cannot picture my life without you, you will always be special to me. I love you so much boo. xo **LOLGA**

Nick G.....you are the biggest sweetie. Can't wait to see you again. xoxo **PATTI DU JOUR**

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 No matter what happens over the next few days you must not let anything get to you emotionally. Not that anything drastic is likely to happen but expect some interesting challenges.

♉ Taurus April 21-May 21 Make a conscious effort to control your response. Don't react to provocation. The main danger now is that if you go too far you will make enemies of people who should have been friends.

♊ Gemini May 22-June 21 It's good to be assertive but not so good to be aggressive, so watch how you act today. More importantly, watch how you react to people who seem slow or stupid.

♋ Cancer June 22-July 22 You may get tempted to act in ways that not only run contrary to your beliefs but also to what is in your best interests. Imagine the powers that be are watching you every moment — and act accordingly.

♌ Leo July 23-Aug.23 You won't be able to come and go as you please today, and your options are likely to be limited until Thursday. After that though you can do as you please.

♍ Virgo Aug. 24- Sept. 22 Cosmic activity in and around the money area of your chart makes this a good time to improve your cash flow situation. However, you must not do anything rash. Your plans must be sensible.

♎ Libra Sept. 23-Oct. 23 You need to get tough with someone who is trying to play on your emotions — and, by the look of things, succeeding quite well. Don't waste time being subtle.

♏ Scorpio Oct. 24-Nov. 22 No one expects you to be good at everything so why expect it of yourself? If you pretend to know what you are doing today you will regret it.Ask for assistance and you'll get it.

♐ Sagittarius Nov. 23-Dec. 21 Fate seems to be smiling on you at the moment and it will smile even more on the 23rd. However, don't take too much for granted and don't push your luck too far today. Smiles can fade.

♑ Capricorn Dec. 22-Jan. 20 What happens over the next few days will do wonders for your reputation, so long as you know what it is that you want and so long as you are ready to seize the opportunity when it arrives.

♒ Aquarius Jan. 21-Feb. 18 Even if you say something outrageous today you will most likely get away with it, but only in the short-term. Make sure you think before you speak.

♓ Pisces Feb. 19-March 20 Issues to do with your wealth will figure prominently this week, but whether that is a good or a bad thing depends on the decisions you make today and tomorrow.

SALLY BROMPTON

CHRIS O'MEARA/THE ASSOCIATED PRESS

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2010 CHEVROLET EQUINOX LS

$1,500 GM CARD MAX. REDEMPTION ALLOWANCE†

CLEARANCE PRICING
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HWY: 8.1 L/100 km – 46 mpg
CITY: 12.2 L/100 km – 31 mpg

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$2,000 GM CARD MAX. REDEMPTION ALLOWANCE†

CLEARANCE PRICING
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CITY: 15.9 L/100 km – 18 mpg

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CITY: 12.7 L/100 km – 22 mpg

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